

# The Morning Calm Weekly

Volume 3, Issue 39

PUBLISHED FOR THOSE SERVING IN THE REPUBLIC OF KOREA

July 29, 2005

**607th Support Squadron preps for action**

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**Cheongpung Land offers sky-high thrills**

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The Morning Calm Weekly is



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## Down 'n' Dirty



DAVID McNALLY

Staff Sgt. Seth Geuke, Brigade Troop Battalion, 2nd Infantry Division, low crawls with the M-24 Sniper Weapon System during U.S. Army Sniper School training at Warrior Base July 22. Geuke was one of 15 U.S. and Korean soldiers who took part in the three-week course. For related story, see Page 7.

## TRICARE coverage changing Oct. 1

*New policy switches many families from Prime to Standard*

By Staff Sgt. Mark Porter

Korea Region Office Public Affairs

**YONGSAN** — As of Oct. 1, non-command sponsored family members living in Korea will no longer be eligible for TRICARE Prime. Family members who are overseas, but not authorized by orders, must use TRICARE Standard and may continue to receive care in military treatment facilities, but will do so on a space-available basis.

The reason for this change is, in part, to lighten the workload at

military healthcare facilities.

"The current volume and distribution of active-duty family members in Korea is beginning to strain the medical service facilities ability to deliver timely care. All service facilities will continue to have space available appointments available," said 1st Lt. Michael Schardinger Jr., 18th Medical Command.

The policy will not effect all family members. Families currently enrolled in TRICARE Prime -- both command-sponsored and non-command sponsored -- will be "grandfathered" into this policy and will continue in TRICARE Prime until their sponsor departs Korea. Any family member not

See **TRICARE**, Page 4

## 8th Army names winners of 2005 Soldier of the Year competition

By Steve Davis

Area II Public Affairs

**YONGSAN** — The top 2005 8th U.S. Army Soldiers of the Year were named Monday during a luncheon in their honor in Seoul.

Staff Sgt. Thomas A. Bean Jr., 34, support platoon sergeant from Camp Stanley's Battery C, 1/38th Field Artillery, was named Noncommissioned Officer of the Year. Pfc. Robert A. Wallace, 22, a petroleum supply specialist from the 46th Transportation Company at Camp Stanley, was named 8th U.S. Army Soldier of the Year and Cpl. Kim Jung-tak, 23, an awards clerk with the 16th Medical Logistics Battalion at Camp Carroll, was named Korean Augmentation to the U.S. Army, or KATUSA, Soldier of the Year.

The American Soldiers will participate in the Army-wide Soldier of the Year competition Sept. 26 in Washington, D.C. and also attend the Association of the U.S. Army convention as one of their rewards. The winners also received cash awards, plane tickets, trophies, plaques, certificates, services and other awards from the 8th U.S. Army commander and command sergeant major and 12 sponsoring organizations.

Each had competed against three other Soldiers in their category during a grueling three-day test of skills earlier this month at Camp Casey. The tests included a physical fitness test, a road march, day and night land



CPL. CHOI EUI JIN

Lt. Gen. Charles C. Campbell, 8th U.S. Army commander, congratulates Cpl. Kim Jung-tak on being named 8th U.S. Army Korean Augmentation to the U.S. Army Soldier of the Year July 25.

navigation, and Soldier tasks such as first aid, drill and ceremony, counseling, U.S. Army history, preventive maintenance, supply procedures, and others.

Each then appeared before a formal selection board that graded them on reporting, uniform and appearance, oral expression, military bearing, and evaluated their tactical and technical knowledge of military subjects.

Scores were kept secret throughout the competition

and winners were not announced until the luncheon at the Dragon Hill Lodge Naija Ballroom.

"The toughest part of the competition was not knowing how I was doing against others in my category," said Wallace. "These are highly competitive Soldiers who definitely earned my respect in every way. I never underestimated any of them."

Kim, from Suncheon, said the toughest part of the competition for him was the night land navigation course.

"I forgot my flashlight," he said, adding that his performance on the physical fitness test helped him offset any losses during land navigation.

"It's the best day of my life," he said after being congratulated at the luncheon.

Bean said the best part of the competition for him was being an example for other Soldiers.

"A lot of other Soldiers were inspired by how far I was able to advance," said Bean, who said he spent most of the last five months preparing for the competition.

Each of the 12 candidates was commended by 8th U.S. Army Commander, Lt. Gen. Charles C. Campbell, and Command Sgt. Maj. Barry C. Wheeler before the finalists were named.

"These Soldiers serve as an example to all of us.

See **SOY**, Page 4



## ROK-U.S. alliance: 52 years and still going strong



Fifty-two years ago, July 27, 1953, representatives from the United Nations Command, the Korean People's Army and the Chinese People's Volunteers signed an armistice agreement. At 10 p.m. that day, a cease-fire took effect. With this cease-fire came an end to one of the most terrible conflicts of the 20th century.

For more than five decades, the armistice, originally intended as a means to end the hostilities of the

Korean War, has ensured the security of the peninsula. With this security assurance, the Republic of Korea used its most valuable resource – the will and diligence of the Korean people – to build its country from a devastated war-torn land into one of the top economies in the world. This remarkable success is often called the “Miracle on the Han River.”

In 1953, the armistice agreement reflected the will of the international community for a cease-fire and peace settlement in Korea. Today, it continues to serve as a framework for progress and reconciliation and remains as the mechanism that guarantees peace and stability. The United Nations Command's Military Armistice Commission serves a critical function in the supervision of the armistice, including reporting and investigating violations, and acting as an intermediary between commanders of the opposing sides. In the absence of a comprehensive peace treaty, UNCMAC's professional and skilled military officers observe military demarcation line crossings, participate in special investigations, conduct guard post inspections and support

repatriation ceremonies.

Last year, two transportation corridors opened, allowing regular traffic between North and South Korea. On a daily basis, more than 100 trucks cross back and forth, representing a normalization of relations between the two countries and presenting an optimistic outlook for additional economic and cultural exchanges in the future.

The United States military presence on the peninsula is intended to represent the commitment of the United States to the security of the Republic of Korea. To prevent a return of hostilities, United States Forces Korea servicemembers sustain their “Fight Tonight” readiness, remaining ever vigilant and presenting an effective deterrence.

Our servicemembers regularly participate in several Combined Forces Command training exercises to enhance our interoperability and validate our combined readiness. As our forces modernize and transform, we are developing complementary capabilities that will maximize the ROK military's strengths while improving our combined

effectiveness.

This week, the will of the international community was evident again with the resumption of the Six Party Talks. These talks present an opportunity to significantly change the security situation, not just on the Korean peninsula, but throughout Northeast Asia and the world. We pray that the collective nations represented find a peaceful and effective solution to what is regarded as an important and complex security challenge.

We share the collective hope that one day all Koreans will enjoy a true and lasting peace. Until that time, the United Nations Command will continue to demonstrate the global community's resolve to maintaining the armistice.

United States Forces Korea and Combined Forces Command servicemembers can be proud of the role they play every day in preserving the peace and security of the Korean peninsula.

**Gen. Leon J. LaPorte**  
Commander, UNC/CFC/USFK

## MP Blotter

*The following entries were excerpted from the past several weeks military police blotters. These entries may be incomplete and do not determine the guilt or innocence of any person.*

■ Military police were notified of an assault consummated by battery, disorderly conduct and under-age drinking. Preliminary investigation revealed that a Soldier became belligerent and disorderly, and struck a second Soldier in the face with a closed fist. The first Soldier was apprehended and transported to the MP station where he was administered a series of field sobriety tests, which he failed. He was discovered to be under the legal age to consume alcohol. He was transported to a local medical facility where he was administered a command-directed blood alcohol test, with results pending.

The Soldier was transported back to the MP station and released to his unit. He was later advised of his legal rights, which he waived, rendering a written sworn statement attesting to the incident. This is an alcohol-related incident.

■ Korean National Police notified the Military Police of a curfew violation, failure to identify and flight from apprehension. MPs revealed through investigation that a Soldier was observed in an off-post club during the hours of curfew. When the Soldier was approached by KNP he stated he was not a servicemember and refused to produce his identification card. KNP then searched him and discovered his active duty identification card. The Soldier then fled the scene towards his residence and when asked to stop, he refused. He was then apprehended and given a portable breathalyzer test with a reported blood alcohol content of .090 percent. He was not advised of his legal rights due to his suspected level of intoxication. He was further processed and released to his unit. He returned to the MP station, where he was advised of his legal rights, that he invoked, requesting not to be questioned.

■ A local hospital telephonically notified the Military Police of an aggravated assault. MPs revealed through investigation that person(s) unknown assaulted a Soldier by hitting him in the back of the head with a

closed fist and kicking him in the ribs and facial area while he was walking alone. The Soldier then walked to a local hospital where he was treated and released sustaining minor injuries consisting of a missing front right upper tooth and bruising to the ribs area, head and right wrist. The Soldier rendered a written sworn statement attesting to the incident. Investigation continues by MPI.

■ Military Police were notified of a larceny of Army Air Force Exchange Service property. Preliminary investigation disclosed that a Soldier was observed over closed circuit television placing two CDs inside of his pants and exiting the store without rendering proper payment.

The Soldier was detained by store security until arrival of the military police. He was then transported to the military police station where he was advised of his legal rights, which he waived, rendering a written sworn statement admitting to the incident. The Soldier was further processed and released to his unit. All property was returned.

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Support and Defend



## NEWS &amp; NOTES

**Mu Phi Lambda  
Information Seminar**

The Mu Phi Lambda Chapter of Alpha Phi Alpha Fraternity, Inc., will conduct an information seminar beginning at 11:06 a.m. Saturday, in the Army Community Services Classroom on Yongsan Garrison. Dress is business casual. For information, call Riakos Adams at 010-3125-2494.

**Free DMZ/JSA Tour**

Visiting and in-country high school and college students of Department of Defense military and civilian personnel, Department of State and DoDDS employees in Korea are invited to a free tour of the Demilitarized zone and Joint Security Area from 9:30 a.m. to 7 p.m., Aug. 3. The program includes historical briefings and tours of Tunnel #3, OP Dora, Camp Bonifas and Panmunjom. Reservations are required and seats are limited.

To sign up, call the USFK Public Affairs Office, 723-4685 or send e-mail to [deleonc@korea.army.mil](mailto:deleonc@korea.army.mil). Students must have a valid U.S. military ID card or U.S. passport.

**Major Promotion Board  
Convenes Sept. 6**

The Major Promotion Board is rapidly approaching. Eligible captains should be reviewing their records and ensuring all documents are in place. The Major Selection Board will convene Sept. 6. Particulars for the FY06 major board include:

**Zones of consideration:** All captains with a date of rank between 01OCT99 and 01JUN00 will compete in the Promotion Zone. Those officers with a DOR 30SEP99 and earlier will compete above the zone. Captains with a date of rank of 02JUN00 and 31MAR01 will compete below the zone.

**Officer Record Brief:** Signed ORBs are not required. Eligible officers must certify their board files electronically using MBF.

**My Board File:** Eligible officers can now review their entire board files at <https://www.hrc.army.mil> by selecting the MBF icon. This allows officers in the zones of consideration to view the performance section of the Official Military Personnel File, photo and Officer Record Brief. To sign-in, officers must use their AKO log-in and password.

**Evaluation Reports:** In order to be eligible for consideration by the board, all mandatory or optional OERs must be received, error-free, in the Evaluation Reports Branch no later than Aug. 26.

**Official Photo:** All officers are encouraged to review their photo and/or submit a new one in accordance to AR 640-30, if required. Now is the time to make sure all records are in order and accurately updated.

## New commander challenges G1/AG NCOs

By Sgt. 1st Class Patricia Johnson

Eighth U.S. Army G1 Public Affairs

**CAMP COINER** — The Eighth United States Army G1/AG, Col. Robert Whaley, walks into your office unannounced, sits down by your desk and says, “Tell me what this section does? What do you as an E5 noncommissioned officer do?”

This scenario is not fiction. As the incoming G1/AG, Whaley has given all of his noncommissioned officers the opportunity to show him that no one is more professional than an NCO. He has made it one of his policies that every one of his personnel who wear NCO rank be on “NCO-Watch” 24 hours per day, seven days a week.

What is NCO-Watch? For all the NCOs of 8th U.S. Army G1/AG, it is being an NCO as long as they wear the rank. For Sgt. Silia Sefo it was two unexpected visits in one day from her new boss — and it included him asking her, instead of the section officer in charge, for a quick section briefing?

“Well, for me that’s easy,” said Sefo. “First, I stand and call the section to attention to recognize the officer’s presence if it has not already been called for the day. Then, I tell the G1/AG what I do and what the others in my section do and how we operate as a team.”

Without a glitch, Sefo rattled off facts and details just as she would to any customer.

“We process tons of paperwork in a day, and if you don’t know what you are doing, it could cause a paper pile-



SGT. 1ST CLASS PATRICIA JOHNSON

Col. Robert C. Whaley, Eighth U.S. Army G1/AG (left), listens and ask questions about the Command Sponsorship section as Spc. Adrea Barbe (front center), Sgt. Silia Sefo (right) and Staff Sgt. Robert Bailey (back center) explain how a case is processed.

up with unsatisfied customers and headaches,” she said. “However, every day we get the opportunity to enhance our job skills. So, there is no reason for any of the Soldiers in my section not to be able to explain their jobs to anyone, at any time, for any reason. We are good at what we do because we deal with real families. And families are an important part of our Soldiers’ lives.”

Earlier the same day, Sefo and her Command Sponsorship Team also received an unexpected visit from 8th U.S. Army/USFK’s top NCO, Command Sgt. Maj. Barry C. Wheeler. Wheeler

presented each of the team members with a CSM coin for their speedy and accurate service of processing his sponsorship paperwork. He was impressed with the service he received not because of his rank, but because of the confidence, competence and care each team member relays to each other and to their customers.

“When the top enlisted NCO in Korea comes to your office to recognize you for doing your job well, that is an honor to be proud of, and it was a good feeling.

See NCOs, Page 4

## Evaluators key to suggestion program

By Yi U-Nan

IMA-KORO Army Suggestion Program

**YONGSAN** — The Korea Region Office takes ideas submitted through the Army Suggestion Program very seriously. The individual submitting a suggestion has a sincere interest in improving the way the Army conducts its business by streamlining processes; enhancing morale, safety and quality-of-life, or presenting more economic or effective alternatives to current operations.

Submitting a suggestion, however, is only half the process. The suggestion has to be reviewed by an objective evaluator.

An evaluator is a subject matter expert in the specific discipline addressed in the suggestion. The evaluator is asked, as a professional courtesy, to use his/her specialized background to carefully read, to review, to examine and to comment on the merits of a suggestion.

How an evaluator reviews and comments on a suggestion has an impact on the person who submitted the idea as well as potential future “suggesters” and the Army as a whole. If an evaluator displays a positive attitude, then this will encourage others to take their

responsibilities as evaluators seriously. Additionally, an encouraging corporate climate could promote the submission of more meaningful suggestions —



worthwhile ideas that can make a difference in way the Army operates during armistice or during contingency.

Evaluators should work closely with the ASP coordinator at each of the area commands and, if need be, the Korea Region Office. They should look for reasons to adopt the suggestion, or for ways to modify the idea so that it will work.

However, the integrity of the evaluation should not be compromised. Evaluators should thoroughly review and analyze suggestions based solely on

their intrinsic values.

Evaluators should not reject an idea because it is contrary to regulations, rules or practices. They should be able to explain why the idea is unworkable, ineffective, or impractical. If an idea has merit, but regulations are in the way, then the ASP coordinator will forward the idea to higher command echelons for review and disposition.

It is now easier than ever to evaluate a suggestion. Once notified through e-mail of being selected to evaluate a suggestion, evaluators can review and comment on an idea by going to the ASP website at <https://armysuggestions.army.mil/>.

Evaluators are key components to the Army’s continued success. They help the Army to reap the benefits of good ideas that conserve resources or save lives on the battlefield.

So, next time you’re asked to evaluate an idea. Don’t shove it aside or bury it in your in-box. Instead, take pride in knowing that you are contributing to the Army’s well-being. Carefully read, review and evaluate the idea. Know well that you are helping the Army to remain a viable force in this century and beyond.

## TRICARE from Page 1

enrolled in TRICARE Prime, however, will be assigned to TRICARE Standard.

Family members obtained in Korea by either marriage or adoption, are also not authorized for TRICARE Prime, unless command sponsorship is obtained. Also, families of servicemembers who extend their stay in Korea through the Assignment Incentive Program or other extension will continue to be “grandfathered” until their DEROS.

“I suppose I understand the reasoning for it,” said Cara Klein, a family member living in Seoul. “We came to Korea without sponsorship and we knew there would be expenses and adjustments involved.

“The Army hospitals are here to treat the Soldiers first. As a military wife I don’t want anything to take away from the care my husband gets from Army doctors -- and I certainly don’t want Soldiers to suffer because their doctors are busy taking care of me,” she said.

Schardinger said the main differences between TRICARE Prime and Standard center on where healthcare is received and how much enrollees pay.

“Prime saves on costs, but does not offer an option to go anywhere for medical care,” he explained. “Under Prime, you must go to a military medical facility first. While Standard offers greater flexibility to choose the hospital or doctor they want

to see off post, it also involves greater out-of-pocket expenses.

“Under Prime, you will not pay upfront for a referral to a Korean hospital. This means that when space is not available in a medical treatment facility on post, the family members under TRICARE Standard, will be referred off-post and have to pay upfront,” he said.

Though the opportunity to choose your care provider was a benefit in the United States, Klein said that may not be the case here. “Because of the language barrier I wouldn’t be comfortable or confident to choose a Korean doctor myself,” she said, “so I think I will just take appointments as they are available through 121[General Hospital]. I may have to wait a bit longer but I think I’ll have more confidence in the care I receive and I will be able to ask questions and get answers.”

Schardinger said when space is not available at a military medical treatment facility patients will not have to choose a care provider on their own, but will be referred to a Korean facility. He added that all 19 referral hospitals have English-speaking patient liaisons and all meet the same level-of-care standards as 121Gen. Hospital.

For information, contact the local TRICARE administrator. The Army TRICARE Office may be reached at 736-8071/8558 or 02-7916-8071/8558. Air Force personnel at Kunsan Air Base, call 782-8760, or 736-8071 for Osan Air Base.

*(Editor’s Note: USFK Public Affairs contributed information to this article.)*

***“The Army hospitals are here to treat the Soldiers first... I certainly don’t want Soldiers to suffer because their doctors are busy taking care of me.”***

**Cara Klein  
Military spouse**

## SOY from Page 1

Their high standards, values and embodiment of the Warrior Ethos serve as a model for Soldiers for all ranks,” said Campbell.

“They come from across the peninsula, from the north all the way to the south. They stand in our formations and they represent the very best of the American Soldier and the KATUSA Soldier.”

Campbell described their

accomplishments as “a team success” because each received “valuable help” from mentors in their respective units.

“You all know this business of soldiering is a business about teams,” said Campbell. “It is business about relationships, it’s a business about the human dimension and it has a lot to do about trust between Soldier and Soldier, between comrade and comrade and between leader and led.”

## NCOs from Page 3

I was smiling all day,” said Sefo.

New officers usually meet with officers, so lower enlisted personnel do not see the boss unless something is not right. Such is not the case with the G1/AG. Whaley’s policy for his Soldiers mirrors the NCO Creed and is inspiring a little more “spine in the backs” of the NCOs to enhance and brace them to stand up and represent the “Backbone of the Army” and 8th U.S. Army G1/AG.

Whaley expects all of his NCOs to be the “backbones” who give the officers in G1/AG the maximum time needed to accomplish their duties, for

NCOs will be doing their NCO duties. The NCOs will know the NCO’s and Soldier’s creeds and will exercise initiative by taking appropriate actions in the absence of orders, and they will not compromise their integrity, nor their moral courage. They are professionals, Noncommissioned Officers, leaders.

Whaley’s NCOs are on NCO-watch. So if by chance you are stopped for a friendly on-the-spot correction by a noncommissioned officer, take a good look at the patch. It might not be a military police; it might be one of Whaley’s G1/AG NCOs.

AD  
GOES  
HERE





*Kim Sang-kil, a Korean Service Corps employee, checks out the unit's softball competition.*



*Yu Chang-su gets a hit early in the game at Camp Red Cloud July 22.*



*Yi Kun-se gets a base hit during a friendly softball competition. At least that's the call from first base umpire Pfc. Patrick Rossi, 61st Maintenance Company.*

## Korean Service Corps celebrates 55 years

By David McNally

Area I Public Affairs

**CAMP RED CLOUD** — About 100 members of the 15th Korean Service Corps Company gathered July 22 to celebrate the organization and its 55-year history.

The unit started the day out with a friendly softball competition, followed by a tug-of-war and barbecue lunch.

The employees work in various jobs at Uijeongbu Enclave installations.

The annual organization day is one of the few times

everybody in the unit gets to see each other.

"It's a chance to relax and build camaraderie," said Kim Chung-pil, assistant commander for 15th KSC Company.

The Korean Service Corps is a paramilitary organization formed during the early days of the Korean War.

In 1950, U.S. Army commanders needed manpower to move materiel to the frontlines. Republic of Korea President Syngman Rhee directed the formation of the

Civilian Transportation Corps, the forebearer of today's Korean Service Corps.

"This reaffirms our close relationship with the Korean Service Corps," said William Kapaku, U.S. Army Garrison, Camp Red Cloud deputy to the garrison commander. "They are truly part of the Warrior Country family."

"We're just like Soldiers," Kim said "We even conduct Common Task Training and know what Soldiers know."

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*Korean Service Corps employees compete against each other during the unit's organization day at Camp Red Cloud July 22.*

PHOTOS BY DAVID MCNALLY



## NEWS & NOTES

### Mitchell's Sports Grill

Starting in August Camp Red Cloud's Mitchell's Sports Grill will feature:

■ A peel-n-eat shrimp special. Look for a half pound of shrimp served with cole slaw, ice tea or lemonade for \$8.95 from 5-8 p.m. Mondays.

■ 10-cent Wing Night will be from 5-7 p.m. Tuesdays and Fridays.

■ All you can eat Spaghetti Night will be from 5-8 p.m. Aug. 7 for \$5.95.

### Ration Control to Move

The Camp Red Cloud Ration Control Office will move from the Army Community Service building to Building S-323 next to the Pass and ID Office Monday. For information, call Joy Kelley at 732-6508 or 017-364-2665.

### FAST Class for Test Score Improvement

The Camp Red Cloud Education Center will offer a class to help improve your Army General Technical score from 8 a.m.- 5 p.m. Aug. 22-26. Education center officials will offer a pretest at 8 a.m. every Monday. Contact the center for information before Aug. 19.

### Band seeks Vocalist

The 2nd Infantry Division Warrior Band is looking for a male vocalist. Soldiers, private first class to staff sergeant, with at least six months remaining in Korea are eligible. Soldiers must:

■ Be able to sing the National Anthem in Bb (starting pitch is an F), the Warrior March and the Army Song.

■ Present a professional appearance and meet the standards set by AR 600-9.

■ Obtain the consent of their command to be released to the band before auditioning.

Auditionees also may sing a song in a style of their choosing. Once accepted for the position, the Soldier will be attached to the band. Warrior Band vocalists sing at ceremonies, as well as with the concert band and other ensembles as their talents warrant. Contact Band Operations at 732-6695 or 011-9497-0292.

### Term I College Registration

Area I education offices will register students Monday thru Aug. 12 for Term I classes at the University of Maryland and Central Texas College. Term I will be Aug. 15 - Oct. 8. Stop by the education office to discuss options with a counselor.

### Incheon Shuttle Service

The Camp Red Cloud Incheon Express Shuttle now departs CRC at 7:05 a.m. instead of at 6 a.m.

### Safety Training

The Safety Certification Class for additional duty unit safety officers and noncommissioned officers will be at Building S-1504, Camp Casey at 1 p.m. the second and fourth Friday of each month. For information, call 730-4234.

## New Horizons Day offers advice, perspective

By David McNally

Area I Public Affairs

**CAMP RED CLOUD** — The U.S. Army Garrison, Camp Red Cloud and 15th Korean Service Corps joined for a series of lectures and presentations July 19 during New Horizons Day VII.

New Horizons Day, which originated in 2002 as a safety standdown training event, has evolved into an opportunity to learn about Korean culture and how Korean youth view Americans.

"Our presence here is of paramount importance to the stability and peace in this region," said 8th U.S. Army Commander, Lt. Gen. Charles C. Campbell. "This training will help us set the conditions for mission readiness and success."

During the series of presentations, the Soldiers and civilians viewed comments from outgoing Korean Augmentation to the U.S. Army Soldiers about their experience living and working with U.S. Soldiers.

Many KATUSA Soldiers described their opinions of Americans before and after their KATUSA experience.

After the video, USAG-CRC Senior KATUSA, Sgt. Han Sang-yong, led a discussion with Area I Soldiers.

"Everyone has their own opinions," said KATUSA Sgt. Baek Ki-woon, Headquarters and Headquarters Company, Area I. "I have had good experiences."



DAVID McNALLY

Area I Senior Korean Augmentation to the U.S. Army Soldier Sgt. Han Sang-yong leads a discussion about perceptions July 19 during New Horizons Day at Camp Red Cloud.

"This is a good opportunity for us to bridge the gap," said Capt. James Wright III, HHC commander. "We've got the Korean Service Corps employees in here with the Soldiers. We can learn from each other."

Officials led discussions, or presented videos on a variety of topics, including:

- Hot weather injuries
- Prevention of sexual assault

- Good Neighbor Program
- Prostitution and human trafficking
- Equal opportunity
- Operational security, laws and curfews

"The training that interested me the most was about identity theft," said Spc. Travis Watson, HHC, Area I. "It's something I didn't really know about before."

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## Army Community Service hits 40

By David McNally

Area I Public Affairs

**CAMP CASEY** — Throngs of Casey community members stopped by an Army Community Service booth outside the Main Exchange Monday to help celebrate the 40th anniversary of the organization.

"We're promoting awareness," said Faith Barnes, Army Community Service Area I acting director. "We are bringing attention and focus to the fact that ACS is here for the entire military community."

Besides a cake and fruit plate, ACS workers teamed with partners from the Camp Casey USO, health promotions and mental health to provide passers-by with giveaways, like

information pamphlets, literature, books, and even water bottles, coffee mugs and book bags.

"I think the community's reaction to our display has been very positive," Barnes said. "There are a lot of Soldiers, especially single Soldiers, who were unaware that ACS was actually here in a noncommand-sponsored area."

Barnes said some Soldiers were under the impression ACS was just for family members.

"When they hear Army Community Service, they think family," she said. "But the family is extensive. It is the total Army family."

Spc. Shantel McCoy, Headquarters and Headquarters Detachment, U.S. Army Garrison, Camp Casey, stopped by the ACS booth with a new sergeant from her unit.

"We're checking out what they have to offer," McCoy said. "I'm loving that they're giving us all kinds of information about what's available."

"This is good for me since I just arrived," said Sgt. Toni Stevenson.

Barnes said the Area I ACS is here for civilians, contractors, retirees, single Soldiers, married Soldiers, family members and even the U.S. Air Force servicemembers assigned to Warrior Country.

The Area I ACS staff conducted similar celebrations at Camp Red Cloud Tuesday and Camp Stanley Wednesday.

The ACS is an Army-wide, community-oriented, social service program designed to assist the commander by identifying emerging social problems.

Army officials formed the organization in 1965 to assist Soldiers and their families with programs and services designed to meet individual and community needs.

For information on the ACS mission in Korea, visit <http://mwr.korea.army.mil/acs.htm>.



DAVID McNALLY

Spc. Shantel McCoy (right) and Sgt. Toni Stevenson, both of HHD, U.S. Army Garrison, Camp Casey, help celebrate the ACS anniversary Monday.

E-mail david.mcnally@us.army.mil



# Warriors set sights on Sniper Course

By Spc. Chris Stephens

2nd Infantry Division Public Affairs

**WARRIOR BASE** — Fifteen U.S. and Korean Soldiers took aim at becoming graduates of the elite U.S. Army sniper course, all in hopes of earning the coveted Sniper additional skill identifier.

The three-week course started July 8 when a five-man team from the U.S. Army Sniper School from Fort Benning, Ga., arrived to teach sniper candidates various maneuver, concealment and firing techniques. "The sniper course is physically and mentally demanding," said Staff Sgt. Jason Smith, sniper instructor. "One minor mistake results in a 'no-go' for the entire course."

Training officials said this was the first time two Republic of Korea Army Special Forces Soldiers attended the course side-by-side with U.S. troops. There were 12 candidates from the 2nd Infantry Division, one from the 728th Military Police Battalion and two from the Korean Army.

During the course the Soldiers successfully completed a stalking exercise. They also mastered range estimation and target detection. All exercises were completed with the M-24 sniper weapons system. The instructors said the techniques will make the Soldiers become successful snipers.

For the stalking exercise, the goal for the snipers was to get within 200 meters of their target without being detected, fire a blank round, identify a letter (through their scope) being held up by the instructors and fire another blank round. All of this had to be done within three hours.

In a twist, the instructors would look through high-powered binoculars during the exercise to see if they could spot the sniper. The instructors would give walking directions to a Soldier out in the field, if they felt they knew where the sniper was. If the sniper was found, the instructor gave him a no-go.

"The key to the stalking exercise is to take your time and get into place," said Pfc. Thomas Williams, 2-9 Infantry (Combined Arms Battalion).

"Good techniques in movement and concealment help you succeed at your tasks."

A range estimation exercise required Soldiers to use their eyes to estimate the ranges of targets between 100 and 800 meters away.

"It sounds easy enough," Smith said. "But, unless you remember what you're taught the exercise can be tough." The U.S. Army Sniper School only trains about 500 snipers each year. Of those, an average of 50-60 percent passes.

"Our training is unique because all 15 candidates will most likely graduate," said Staff Sgt. Jack West, 2ID G-3 Schools. "This is a first for the sniper school and is due to the extensive train-up conducted by the 1st Brigade Combat Team before the course began."

"Taking the tactics back to your unit is important," Smith said. "The Army is currently trying to have one sniper per squad. By these Soldiers teaching others in their platoons their skills, they'll be able to go through the course and come out successful."

The sniper school sends a mobile training team to Korea once a year to train Soldiers on sniper tactics; however, the team says if the interest is there, they would come to Korea twice a year.

"Being a sniper is fun and you get to be sneaky," Smith said. "Plus, you're doing something that people only get to see on TV. Now, tell me that's not fun."

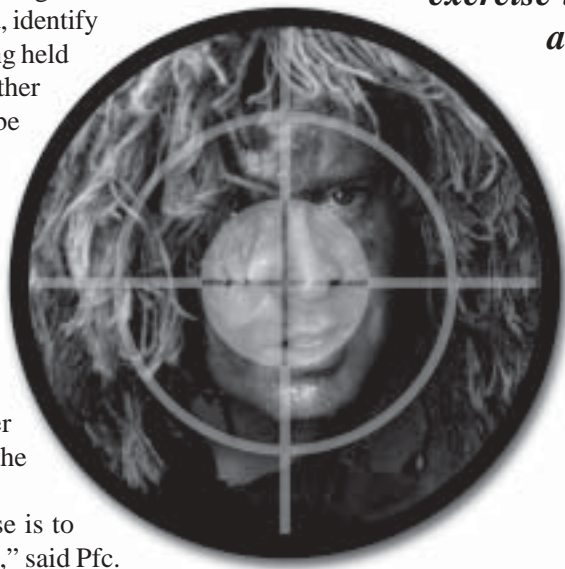


PHOTOS BY YU HU-SON

Pfc. Nicholas Decker, a sniper school attendee from 2-9 Infantry (Combined Arms Battalion), readies the M-24 Sniper Weapon System during elite sniper training July 18-29 in Warrior Country.

**"The key to the stalking exercise is to take your time and get into place."**

—Pfc. Thomas Williams



U.S. ARMY  
SNIPER SCHOOL

**"Being a sniper is fun and you get to be sneaky."**

—Staff Sgt. Jason Smith



Cpl. Kim Shin-il, a sniper school attendee from 2-9 Infantry (CAB), wades through murky waters to arrive at his target.



During training sniper candidates prepare for the stalking phase of the course.

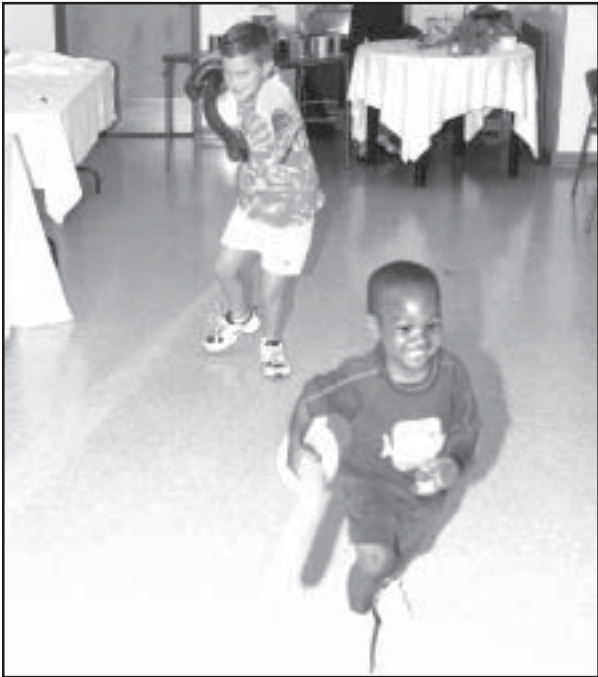


Spc. Troy Mueller takes aim with his M-24 Sniper Weapon System.





## Community Service celebrates 40th birthday



PHOTOS BY SGT. CHRISTOPHER SELMEK

Christian Rolack, 1, flees from the vicious balloon sword fight as Richie Gannon, 8, prepares to strike.



Phillip Jones, Army Community Services financial manager, tries to raffle away the umbrella held by ACS Relocation Manager Gina Mariano, while Michael Lee, Korean language instructor, looks on.

By Sgt. Christopher Selmek

Area II Public Affairs

**YONGSAN** — Army Community Service hosted its 40th birthday celebration Friday at the Community Service Building on Yongsan South Post.

Established in 1965, ACS's original mission was to assist and support Soldiers and their family members. ACS has found many ways to refine its programs, but the mission remains the same.

"ACS strives to provide services that help newcomers and old-timers alike," said Area II Support Activity Commander Col. Ronald C. Stephens, on hand to wish ACS a happy birthday. "If you are new to the community you probably need immediate help in getting settled into your new environment. If you have been in country for some time, you probably come to ACS to take advantage of the numerous readiness services that are available."

ACS offers programs to increase individual and unit readiness, including relocation readiness, Soldier and family readiness, financial readiness, and employment readiness.

Its services include visa and Status of Forces Agreement stamp service, newcomer orientations, language classes, resume writing assistance, budget counseling, exceptional family member programs and more.

"ACS helped me find a job when I first got here, and it gave me opportunities to volunteer and keep myself busy," said Gina Mariano, ACS relocation manager. "Now, I try to help Soldiers get the same service I remember receiving."

"When I was in basic training, ACS helped me to get home on emergency leave," said Spc. Christina Wade of the 175th Finance Command. "Even though that was a long time ago, I still remember how it helped me and I try to support them however I can."

Another important mission of the ACS is to provide services to family members.

"We're here to boost the well-being of the whole community," said Doris Lebby, acting ACS director.



Yu Ki-chan, Army Air Force Exchange Service food business manager, hands a plate to Spc. Christina Wade, 175th Finance Command, one of many hungry patrons at the Army Community Services 40th birthday celebration, at the Community Services Building July 22.

"When we help family members, Soldiers are better able to focus on their mission, and that helps everybody in the long run."

Lebby has several goals she would like to reach before the next birthday celebration.

"I would definitely like to see more visibility for ACS among Soldiers and their family members, so that they know how we can help them," she said. "As much as we try, there are still some people who don't know we're out there."

The birthday celebration included cake, a barbecue, games and other entertainment for the kids, and a show of appreciation to the ACS staff which has worked diligently to bring services to the Korean peninsula.

"Thank you ACS staff," said Stephens. "I'd like to thank all your staff and volunteers for carrying out the ACS theme of self-help, service and stability. Happy birthday, ACS."

E-mail Christopher.M.Selmek@us.army.mil

## Camp Adventure begins with a splash

By Sgt. Christopher Selmek

Area II Public Affairs

**YONGSAN** — Camp Adventure, the premier summer camp for school-age children of military families in Korea, began its 20th year at Yongsan June 27.

The eight-week program gives children the opportunity to socialize and have a fun summer vacation. It is also an opportunity for American college students to work with children and to guide them through various activities.

"Right now, we're still new to them, so it's been an adjustment," said Nicki Kassouf, one of several camp counselors. "We've been doing different activities every day to try to get acquainted, and this Friday we're going on a field trip to Seoul Grand Station I think it will be fun for everyone."

The programs and activities for each week revolve around a different theme, planned in advance by six counselors and two directors running the program on Yongsan.

"This week is Polynesian Paradise, and we do different things based around

that," said Kassouf. "This morning we made medallions as a craft-type project, and every day we do both high-active and low-active games that get everyone involved. We always go swimming in the afternoon, though."

Other activities that remain consistent throughout the eight weeks are the counselors' skits every Monday, and the barbecue for parents and children every Friday.

"I like to get the parents involved," said Kassouf. "Every Friday we have a barbecue where parents can come eat lunch with their kids, and then the kids put on a skit for their families. The counselors teach them the skits on the Monday before when we do it for them first, and it's always worked really well."

According to the counselors, it's common for the kids to start out nervously, but by the end of the eight weeks they have developed relationships and had a wonderful time.

"The number one thing I want out of the summer is to watch those kids who might have started out not liking



SGT. CHRISTOPHER SELMEK

Camp Adventure counselor Nicki Kassouf is attacked by children during a routine visit to the pool June 28. Camp Adventure runs from June 27 through Aug. 19 and provides opportunities for fun and friendship for elementary school-age children.

summer camp do a complete 180 and get really involved and enjoy themselves by the end," said camp counselor Kim Kiraly.

On the other hand, some of the kids begin the program quite optimistically, as professed by Kiyahna Gay, a third-

grader attending the camp.

"On the last day I'm going to be so happy," she said. "I'm going to be so happy, because I'm going to give everyone a big group hug."

E-mail Christopher.M.Selmek@us.army.mil



## Peak moving season brings challenges

### Area II organizations mobilize to handle heavy load

By Steve Davis

Area II Public Affairs

**YONGSAN** — With peak moving season in full swing, the Area II Housing Office has extended hours through Aug. 25 to service in- and outbound personnel.

Housing hours are now 8 a.m. – 4 p.m. Monday-Friday, including lunch hours in the Community Service Building, Bldg. 4106, across from The Point at Dragon Hill Lodge.

According to Fred Moore, deputy chief of housing, peak season can generate an additional 1,000 customers a month for the housing office.

“It gets really busy, so we’ve extend hours to accommodate more people,” said Moore.

Moore called the housing mission “a two-operation process” of handling in- and outbound personnel.

“Inbound personnel should report to the housing office within 48 hours after arrival,” he said. He recommends calling 738-4069 for an appointment in order to shorten waiting time at the housing office.

Command-sponsored military personnel planning to live on the Korean economy are required to attend an off-post briefing to learn about realtors, lease contracts and other “do’s and don’ts” of living off post. The briefing is held Monday through Friday at 3:30 p.m. at the 1st Replacement Company in Building 4035, Room 107. No appointment is necessary.

Moore said military members can enter into an off-post lease agreement for up to one year and pay landlords month-to-month through automatic payments. Civilian employees are authorized entry into a contract for up to two years and may pay the full advance rental amount up front.

“Though civilian employees are not required to attend the off-post briefing, it’s just as important for them to learn all they can about off-post housing contracts and customs,” said Moore. “We strongly encourage them to attend.”

About 3,400 military and civilian personnel presently have off-post leases in the Yongsan area. Moore said there are more than 60 realtors registered and approved to do business with the Area II Housing Office.

“Realtors registered with the housing office understand our rules and guidelines and have a proven record,” he said. “For the financial protection of Area

II personnel, we don’t recommend unapproved realtors be used for off-post leases.”

In addition to approving off-post leases, the Area II Housing Office assigns on-post housing to command-sponsored personnel on a priority basis depending upon grade and assignment.

Nearly 1,200 command-sponsored personnel have on-post quarters on Yongsan or at nearby Hannam Village. In addition, 4,779 unaccompanied personnel live in barracks, bachelor enlisted or officer quarters.

With many people moving during peak season, Moore said the secret of success is quick turnaround of on-post quarters.

“We are averaging about seven to 10 days to turnaround on-post housing, including pre-termination inspections, maintenance or cleaning, and a final inspection to clear people out of quarters,” said Moore.

The Area II Installation Travel Office, or ITO, is



PHOTO: SEO KI-CHUL

Family member Dana Johnson checks a packing list to make sure all the boxes are accounted for. She is moving with her husband Maj. Jeffrey Johnson, USFK J3 Plans, to a new apartment.

also experiencing peak season workloads, according to Chae Chong-myong, chief of the Area II Support Activity Directorate of Logistics Transportation Division Movements Branch.

Chae said peak season for ITO extends from April to August with 3,134 outbound shipments, 2,109 inbound shipments and 272 local moves. Ten contract carriers are staying busy moving people, Chae said.

Chae has some advice for personnel departing Korea.

“Plan ahead and schedule a household goods or unaccompanied baggage counseling appointment as soon as you get orders,” said Chae.

He also said servicemembers and civilian employees should not schedule pick ups for the day they close on a house or the day they must vacate an apartment.

“Scheduling on those days leaves no room to adjust dates due to unforeseen problems, such as shortage of agent equipment, which can sometimes occur in summer months,” said Chae. “A window of time should be established to allow for last-minute changes.”

Installation Transportation Officer Keli’i Bright said most common questions about moving can be answered in the “It’s Your Move” publication available online at <http://www.sddc.army.mil>.

E-mail DavisSt@korea.army.mil



STEVE DAVIS

Relocation Specialist Oh Yi-yeon helps Staff Sgt. Harold Smith out-process at the Area II Housing Office. Smith is transferring from Company B, 304th Signal Battalion, to Fort Lee, Va.

## Relocation office helps inbound, outbound personnel

By Steve Davis

Area II Public Affairs

**YONGSAN** — Business is booming during the peak moving season at Army Community Service.

“People are on the move during most of the summer months,” said Gina Mariano, ACS Relocation Readiness program manager.

The Relocation Readiness office serves both incoming and outgoing Soldiers, Department of Defense civilians and families.

Welcome packets with information about Area II and Korea are available. Mariano encourages sponsors to mail a welcome packet to inbound personnel, particularly those with families.

“It gives them a preview of what Korea is like and has a lot of useful information about Area II and the greater Seoul area,” she said.

Sponsorship training is also available upon request.

A three-day newcomer’s orientation also gets people off to a good start after they arrive.

“Our goal is to get people to come here to our newcomer’s orientation as soon as possible,” said Mariano. “We even have an in-processing checklist specifically for family members so they can in-process all the necessary agencies.”

The newcomer’s orientation is offered monthly in the Community Services Building on Yongsan South Post. Representatives from most Area II organizations brief about services and activities they offer during day one. Day two, information about Korean culture, history and “survival” language skills are provided. Day three offers a field trip of Seoul, including the Republic of Korea capitol, or “Blue House,” and a trip to the Lotte World amusement park. Newcomers learn to navigate the Seoul subway system in the process.

For those who want to master Korean

or learn English as a second language, free classes are available to all ID cardholders. Call 738-7505 to register.

Other services for incoming personnel include a loan closet and visa and Status of Forces Agreement stamp services. The SOFA stamp verifies their status under the Republic of Korea-U.S. Status of Forces Agreement that affords duty-free privileges and certain legal protections while military personnel and family members are in Korea. Mariano said dependents of active duty, civilians and their dependents, contractors and their dependents must get an A-3 Visa and also have a SOFA stamp in their passport.

Loan closets at ACS and Hannam Village offer basic housekeeping items for temporary use to incoming and outgoing personnel. For loan closet information, call 738-4617.

Mariano said the ACS Relocation Readiness office has useful information for

outbound personnel, including pre-move briefings designed to assist servicemembers and their families with planning and coping with the additional changes, stress and financial pressure associated with moving.

“We can brief small groups or one-on-one,” said Mariano. “We can even map a person’s return trip on computer to give them step-by-step driving routes.”

She said the pre-move checklist has a timeline of up to three months to help customers plan their move.

“The idea is to get people in and out of Korea as easily as possible,” said Mariano. “All they have to do is stop by to get some very helpful information.”

The Relocation Readiness office is located in the Community Services Building (Bldg. 4106) behind Popeye’s on Yongsan South Post. For information, call 738-7186 or 7999.

E-mail DavisSt@korea.army.mil



# TGIF Bowling a 'social phenomena' at Yongsan Lanes

By Steve Davis

Area II Public Affairs

**YONGSAN** — An end-of-week social phenomena draws bowlers to Yongsan Lanes each Friday.

"I live for Fridays" said Mike Grant, a strategic planner with Installation Management Agency- Korea Region Office Morale, Welfare and Recreation.

Grant is one of 120 bowlers who roll into Yongsan Lanes for TGIF Bowling competition. Thank-God-Its-Friday, or TGIF, bowling is their weekly reason d'être. They fill up most of the 32-lane bowling center as they compete in the 12-week summer league.

"It's like golf. You're always looking for the right stroke. It's a challenge to make the perfect shot consistently," said Don Champigny, Grant's teammate on Team 10, ranked about midway in a gang of 24 teams in the TGIF Friday league.

Champigny, an electronics technician with the Test Measurement Diagnostic Equipment Region-Pacific, said competition is one factor that brings him to bowling. You can see the intensity of the moment as bowlers try to "pick up" pins that didn't fall on their first roll.

Bowlers get two tries to knock all 10 pins down. If they don't all fall on the first try, the bowler gets another chance to knock down the remaining pins. Particularly dreaded are "splits," pins standing far apart that are difficult to knock down with one remaining ball.

A "strike," knocking all 10 pins down with the first ball, is an opportunity for jubilation. It increases the score substantially and offers a moment to celebrate.

Bowlers display certain gestures. They tend to "high-five" or "double high-five" when they make a good shot and touch knuckles when they "miss a mark," meaning they didn't make a strike or "pick up" the remaining pins to score a "spare" on their second try. The gestures are often accompanied by laughs, broad smiles or frowns.

Some of the gestures don't have names. They are combinations of body English, interesting exclamations and funny or frustrated facial expressions. When he makes a particularly good shot, Champigny sometimes does a "roll" borrowed from the Hot Shots Golf video game in which he simultaneously rotates hands and hips to prompt chuckles from his teammates.

James Son of "Team Elite" said competition, fun and camaraderie are why league bowling appeals to him.

"I've been bowling for 20 years and have been on the TGIF league for a year," said Son, who works at the Navy Club. He said he keeps coming back because he gets to meet great people.

Yi Yong-chu, a bowler who works at the U.S. Forces Korea Staff Judge Advocate office, said bowling became her hobby in 1990.

"I just love it," she said.



Above: Don Champigny and teammate Kim Sung-jin "low-five" after a particularly good score during TGIF bowling.



Left: "Team 10" members William Carr, Mike Grant, Yi Yong-chu and Fred Moore watch the action during TGIF bowling. (Editor's note: The Yongsan Bowling Center will be closed Aug. 1 for lane resurfacing. League action will resume after Aug. 12.)

According to Pak Sang-won, assistant manager at Yongsan Lanes, TGIF is the largest of several leagues.

"People like it because it's sanctioned by the American Bowling Congress and competition is

for record," said Pak. "They also like it because of the interesting people who come to bowl."

E-mail [DavisSt@korea.army.mil](mailto:DavisSt@korea.army.mil)

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## NEWS & NOTES

### Free DMZ/JSA Tour for Students

Visiting and in-country high school and college students of DoD military and civilian personnel, Department of State and DoDDS employees in Korea are invited to a free tour of the DMZ and Joint Security Area 9:30 a.m. – 7 p.m. Wednesday. Program includes historical briefings and tours of Tunnel #3, OP Dora, Camp Bonifas and Panmunjom. Reservations required. Limited seats. Students must have a valid U.S. military ID card or U.S. passport. For information, call 723-4685 or e-mail deleonc@korea.army.mil.

### Commander's Hotline

Area II residents who have questions or comments for the Area II commander can voice them by e-mailing areaiitownhall@korea.army.mil or by calling 738-3484.

### Housing Office Extends Hours

Through Aug. 25, the Yongsan Housing Office (Bldg. 4106) will be open 8 a.m. – 4 p.m. Monday – Friday, including lunch hours. For information, call 738-4069.

### Yongsan Filling Station Hours Extended

Weekend hours have been extended two hours at the Yongsan Filling Station. Hours are now 7 a.m.-7p.m. Mon.-Fri. and 8 a.m.-7 p.m. Sat.-Sun.

### BOSS Rafting Trip

Better Opportunities for Single and unaccompanied Soldiers is planning a water rafting trip 6 a.m. – 5 p.m. Saturday at Nelinchon-Kangwondo Injae. The cost is \$30 and the event is open to all Soldiers. Sign up and pay at the Moyer Recreation Center. For information, e-mail boss\_in\_korea@yahoo.com.

### BOSS Dinner and Baseball Game

Better Opportunities for Single and unaccompanied Soldiers will be hosting a dinner at the Hard Rock Café and a baseball game 1 – 7 p.m. Sunday. The \$15 entrance fee covers transportation, but not food or drinks at Hard Rock, though there will be a discount. Sign up at Moyer Community Services Center. For information, call 738-5468 or e-mail boss\_in\_korea@yahoo.com

### Yongsan Lanes Closure

The Yongsan Bowling Center, including the snack bar and game room area, will be closed Monday – Aug. 12 for scheduled lane resurfacing. For information, call 723-7830.

### Women's Equality Day

A Commemoration Breakfast for Women's Equality Day will be held 7:30 – 9 a.m. Wednesday at the Dragon Hill Lodge. Judy LaPorte will be the guest speaker. The cost is \$8. For tickets and information, see your unit Equal Opportunity advisor.

### National Kids Day

Area II Child and Youth Services will celebrate National Kids' Day Aug. 6. Day begins with a community five-kilometer fun run at 8 a.m. Runners will receive a National Kids' Day T-

shirt and first and second place winners will receive prizes. A fun-filled afternoon of games and family activities will be held from 1 - 4 p.m. on Field #5. The first 100 children will receive a free T-shirt. Celebrate this day with your children. Food will be available. Inclement weather schedule is the CYS Youth Sports Gym. For information, call 738-5556.

### Summer Reading Club

All 5- to 12-year-olds are invited to experience a summer-long reading fantasy called "Dragons, Dreams & Daring Deeds" at the Yongsan and Hannam Village libraries at 1 p.m. through Fri. For information, call 723-7300.

### Christian Men's Monthly Breakfast

The Men of the Morning Calm (Promise Keepers) will hold their monthly breakfast 8 – 9:30 a.m. Aug. 6 at South Post Chapel. The guest speaker will be IMA-Korea Region Office Chaplain Thomas Day. For information, call 011-9000-6064.

### Junior Golf Tournament

A Junior Golf Tournament will be held at Aug. 8-12 at Yongsan Driving range. No charge to students and no equipment or experience necessary. Open to ages 8-15. For information, call 736-3483.

### Bike Rodeo

A Bike Rodeo for Area II and Yongsan youths ages 5-15 will be held 10 a.m. - 1 p.m. Aug. 13 in the commissary parking lot. The rodeo will include bike maintenance and safety tips, an obstacle course, a bike race and a raffle of two bicycles. Participants will receive a certificate of completion and be eligible for prizes. For

information, call the Drug Abuse Resistance Education office at 724-4290.

### Seoul Computer Club Meeting

The Seoul Computer Club will meet at 2 p.m. Aug. 13 on the 2nd floor of the Camp Kim USO. All adults and teens are invited to learn more about computers from the experts and enjoy a free lunch too. For information, logon to www.seoulcc.org.

### Seven Habits of Highly Effective People

Effectiveness training is offered at the site of your choice every Thursday afternoon for seven sessions. This on-site service is provided by Army Community Services Family Advocacy Program to assist units in the professional development of their Soldiers and is open to all active-duty Soldiers. The workshops are ideal for section and squad training and can be taught during one-hour sessions over a seven-week period or tailored to fit unit needs. Interested parties may register by calling 738-5151/5150. For information, e-mail William.Morrison@korea.army.mil.

### News and Notes Deadlines

Deadline for submission to Community Calendar is Friday prior to the next week's publication. Announcements will be published on a first-come, first-served basis. Submit items for publication to christopher.m.selmek@us.army.mil. Each announcement should include who, what, when, where and a point-of-contact name and telephone number. Submissions may be edited to comply with newspaper style.

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# Sleep loss may greatly affect Soldier readiness

By Capt. Justin Curry  
Army News Service

**ABERDEEN, Md.** -- Like food, water, and air—sleep is a necessity. When Soldiers don't get enough sleep, performance suffers and everyone is put at risk.

When Soldiers don't get enough sleep, the ability to judge the impact that sleep deprivation has on their abilities is diminished and performance decreases.

- Sleep deprivations may lead to...
- failing to recognize a threat or reacting too slowly to it
  - transposing digits while entering coordinates into a fire-control system
  - falling asleep at the wheel causing a vehicle roll-over
  - administering the wrong medicine or the wrong dose

■ failing to recognize a threat or reacting too slowly to it

■ transposing digits while entering coordinates into a fire-control system

A sleep-deprived Soldier may make bad tactical decisions. The bottom line is that sleep deprivation can get Soldiers killed.

## Sleep Deprivation and Performance

The longer Soldiers go without sleep, the poorer their performance on any number of tasks. In general, a person can sustain normal performance without noticeable impairment for about 16 hours after waking up. After 16 hours without sleep, there is a noticeable

decrease in performance. After being awake for 24 hours, the reaction time is worse than being legally intoxicated. After 28 hours without sleep, performance becomes significantly impaired with the likelihood of critical errors rising to an unacceptable level.

### Sleep Management

To sustain performance over the long haul, Soldiers need at least six and preferably seven to eight hours of sleep in 24 hours. Soldier performance will degrade over time with less sleep than 6 hours. Getting four to six hours of sleep every 24 hours will keep Soldiers in the amber zone (where the risk for mission critical errors is increased, but still at acceptable levels) for periods of up to several weeks. Getting less than four hours of sleep will keep Soldiers in the red zone (where the risk for mission critical errors is unacceptably high).

Sleep doesn't have to be continuous. It is preferred that Soldiers have uninterrupted sleep time, several shorter sleep periods that add up to six to eight hours is adequate.

If sleep loss can't be avoided, drinking the equivalent of two cups of coffee (about 200 mg of caffeine) every two to four hours will help maintain performance even in the face of moderate sleep loss.

Remember: Sleep is a necessity. Your performance begins to suffer as soon

as you start losing sleep. If you are struggling to stay awake, then your ability to function is already impaired.

*(Editor's note: Capt. Justin Curry is a psychologist at the U.S. Army Center for Health Promotion and Preventive Medicine at Aberdeen Proving Ground, Md.)*

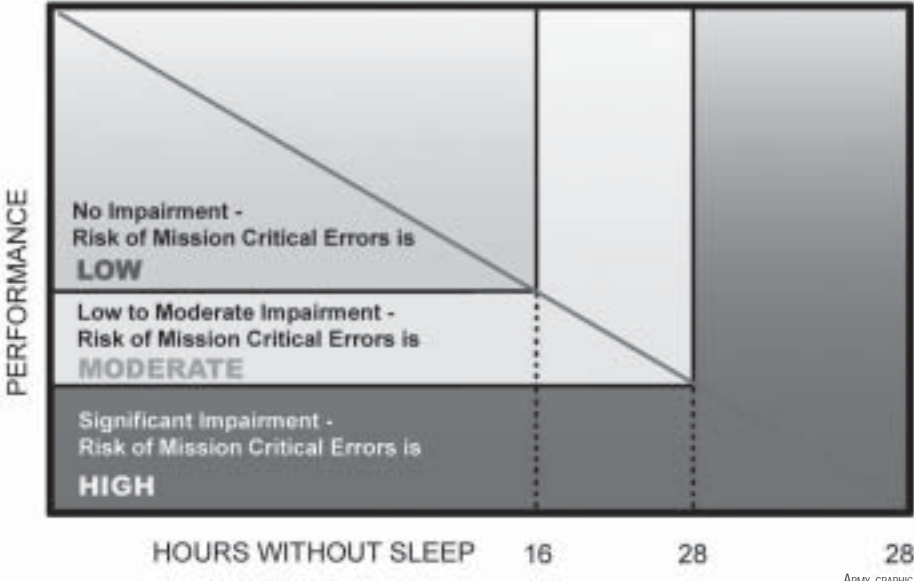
### Sleep Management Tips

#### Tips for Soldiers

- Don't sleep in areas where there is regular activity.
- When sleeping, minimize exposure to noise and light - wear ear plugs or blackout shades.
- Avoid over-the-counter "sleep aids" which cause grogginess, not actual sleep.
- Sleep whenever possible – even a little sleep is better than none. Several "catnaps" can add up quickly.

#### Tips for leaders

- Develop a unit sleep management program that gives Soldiers at least six and preferably seven to eight hours to sleep out of every 24.
- Soldiers trying to sleep during the day require longer (or more frequent) opportunities to sleep to compensate for the body's normal reaction to sleep cycle disruption.
- Arrange sleep schedules that give Soldiers opportunities to sleep at a consistent time.



The graph shows how performance is affected by the number of hours a Soldier goes without sleep.



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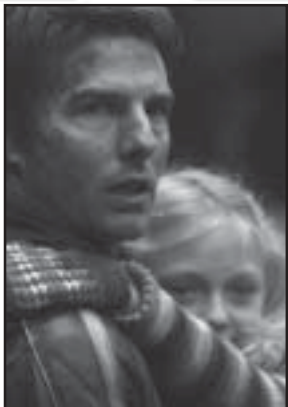
July 29 - Aug. 5

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AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CASEY 730-7354	Crash R	Crash R	Fantastic Four PG-13	Fantastic Four PG-13	Kicking and Screaming PG	Kicking and Screaming PG	Sisterhood of the Traveling Pants PG
ESSAYONS 732-9008	A Lot Like Love PG-13	Beauty Shop PG-13	Star Wars: Episode III PG-13	No Show	Mindhunters R	Mindhunters R	Fantastic Four PG-13
HENRY 765-7724	Mindhunters R	War of the Worlds PG-13	War of the Worlds PG-13	The Longest Yard PG-13	No Show	No Show	No Show
HUMPHREYS 753-7716	Fantastic Four PG-13	Fantastic Four PG-13	Fantastic Four PG-13	The Longest Yard PG-13	The Longest Yard PG-13	The Interpreter PG-13	The Interpreter PG-13
HIALEAH 763-3120	War of the Worlds PG-13	Monster-In-Law PG-13	Unleashed R	No Show	No Show	No Show	No Show
HOVEY 730-5412	Unleashed R	War of the Worlds PG-13	Mindhunters R	Star Wars: Episode III PG-13	War of the Worlds PG-13	Star Wars: Episode III PG-13	The Longest Yard PG-13
KUNSAN 752-4987	Guess Who PG-13	Crash R	Crash R	No Show	No Show	No Show	Kicking and Screaming PG



**Mindhunters**  
On a remote island, the FBI has a training program for their psychological profiling division, called "Mindhunters", used to track down serial killers. The training goes horribly wrong, however, when a group of seven young agents discover that one of them is a serial killer, and is setting about slaying the others. Can the few that are left figure out who the killer is in time?

**War of the Worlds**  
Ray is a working class man living in New Jersey. He's estranged from his family, his life isn't in order, and he's too caught up with himself. But the unthinkable and, ultimately, the unexpected happens to him in an extraordinary sense. His small town life is shaken violently by the arrival of destructive intruders: Martians which have come en masse to destroy Earth.

**The Interpreter** -- Silvia alleges that she has overheard a death threat against an African head of state, in an instant, Silvia's life is turned upside down as she becomes a hunted target of the killers. Placed under the protection of federal agent Tobin, they must depend on one another, as the danger of a major assassination on U.S. soil grows. Silvia and Tobin play out a gripping dance of evasion and revelation that keeps them both guessing as they race to stop a terrifying international crisis before it's too late.

**Charlie & the Chocolate Factory**  
Charlie Bucket, a boy from an impoverished family under the shadow of a giant chocolate factory, wins a candy bar contest and is given a tour, along with four other children, of the amazing factory run by the eccentric Willy Wonka and his staff of Oompa-Loompas.

**Crash** -- A Brentwood housewife and her DA husband. A Persian storeowner. Two police detectives, who are also lovers. A black television director and his wife. A Mexican locksmith. Two car-jackers. A rookie cop. A middle-aged Korean couple. They all live in Los Angeles. And, in the next 36 hours, they will all collide.

**Fantastic Four**  
When an experimental space voyage goes awry, four people are changed by cosmic rays and endowed with super powers -- ranging from invisibility to the ability to control fire and to stretch their body. Together, they use their unique powers to explore the strange aspects of the world, and to foil the evil plans of Doctor Doom.

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LONG 721-3407	A Lot Like Love PG-13	Mr. & Mrs. Smith PG-13	The Honeymooners PG-13	The Interpreter PG-13	No Show	No Show	No Show
OSAN 754-4930	Charlie & the Chocolate Factory PG	Crash R	Crash R	Mindhunters R	Mindhunters R	Kingdom of Heaven R	Kingdom of Heaven R
RED CLOUD 732-6620	Fantastic Four PG-13	Mindhunters R	Mindhunters R	Kicking and Screaming PG	The Longest Yard PG-13	No Show	Charlie & the Chocolate Factory PG
STANLEY 732-5565	Crash R	Crash R	The Longest Yard PG-13	Kicking and Screaming PG	No Show	Charlie & the Chocolate Factory PG	Charlie & the Chocolate Factory PG
YONGSAN I 735-7389	Charlie & the Chocolate Factory PG	Charlie & the Chocolate Factory PG	Charlie & the Chocolate Factory PG	Crash R	Crash R	The Longest Yard PG-13	The Longest Yard PG-13
YONGSAN II 735-7389	Charlie & the Chocolate Factory PG	Guess Who PG-13	Guess Who PG-13	Monster-In-Law PG-13	Monster-In-Law PG-13	Fever Pitch PG-13	Fever Pitch PG-13
YONGSAN III 735-7389	XXX: State of the Union R	XXX: State of the Union R	XXX: State of the Union R	Shark Tale PG	Shark Tale PG	Raise Your Voice PG	Raise Your Voice PG



# Embracing the faith of waiting

By Chaplain (Capt.) Byung K. Min  
Installation Chaplain, Camp Long/Camp Eagle

Joseph had dreams and he told his brothers about his dreams of how he would one day rule over them. Because of that, his brothers hated him and they sold him to a caravan.

And the caravan went to Egypt and sold him to Potiphar, who was one of King Pharaoh’s officials. Then Joseph became a servant, but he was a high-speed servant in Potiphar’s house. He was promoted quickly. Potiphar put him in charge of his entire household.

And after a while, Potiphar’s wife took notice of Joseph and said, “Come to bed with me!” But he refused and said he could not do such an evil thing against his master and his God. One day, she caught him by his cloak and said, “Come to bed with me!” He left his cloak in her hand and ran out of the house. After that she lied to her husband about Joseph. Potiphar had no choice but to put him in prison.

Some time later, Pharaoh was angry with his two officials, the chief cupbearer and the chief baker, and put them in the same prison where Joseph was confined. Potiphar assigned them to Joseph.

One day both men had a dream. And Joseph came to them the next morning He asked them, “Why are your faces so sad today?”

Then they said, “We both had dreams but there is no one to interpret them.”

Then Joseph interpreted their dreams and told the cupbearer he would be given his job back as cupbearer for the king. Then Joseph asked the cupbearer, “When all goes well with you, remember me and get me out of this prison.”

Now the third day, Pharaoh restored the chief

cupbearer to his position. The chief cupbearer, however, did not remember Joseph; he forgot him. Then, two full years passed. We can find a precious lesson in this story.

The lesson is that faith is waiting and seeing. The Bible reads, “When two full years had passed.” This is the key moment of Joseph’s life. During two full years, Joseph awaited God’s time. This is the faith of waiting.

Sometimes, you think you prayed hard and God must answer your prayer tomorrow no later than 1300. Is that right? No! We have to learn and practice the faith of waiting.

Then after full two years, at last Pharaoh had a dream. But no one interpreted his dream. That time the cupbearer remembered Joseph and recommended him to Pharaoh who was king of Egypt. Pharaoh called Joseph. Joseph interpreted his dream. Pharaoh made Joseph his right hand man and second in power in Egypt.

There is something to think about at this point. Why did God let Joseph wait two full years? God wanted to make him a bigger man. Because God had a bigger plan than just to make him Potiphar’s housekeeper. When Joseph interpreted Pharaoh’s dream, Pharaoh appointed him as his executive officer over everything in the whole country of Egypt.

Joseph had faith and did the best job he could while he waited and his faithfulness was rewarded.

Trust in God. Maybe some of you consider your life on hold as you wait one or two years now in Korea. Don’t be discouraged. This is the best chance to learn the faith of waiting and of doing the best you can, no matter what job you find yourself doing.

God has a plan for you and will make all things beautiful in his time.

Area III Worship Services

Protestant

Lutheran	Sunday	8 a.m.	Freedom Chapel
Collective		10 a.m.	Suwon Air Base
		2 p.m.	Camp Eagle
Collective		10:30 a.m.	Zoeckler Chapel
Collective		11 a.m.	Freedom Chapel
		11 a.m.	Camp Long
Gospel	Sunday	1 p.m.	Freedom Chapel
Latter-day Saints		4 p.m.	Freedom Chapel
Contemporary		6 p.m.	Freedom Chapel
Korean		7 p.m.	Camp Long

Catholic

Mass	Daily	11:45 a.m.	Freedom Chapel
	Sunday	9:30 a.m.	Freedom Chapel
		1 p.m.	Suwon Air Base
		3 p.m.	Camp Long
		4:10 p.m.	Camp Eagle

Area III Chaplains

Chaplain (Maj.) Matthew B. Ahn

AhnM@korea.army.mil 753-7274

Chaplain (Capt.) Thomas Vaughn

VaughnT@korea.army.mil 721-3356

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# The Big Bungee: What a Rush!

By Roger Edwards

Area III Public Affairs

**CAMP HUMPHREYS** – Area III Better Opportunities for Single Soldiers is making a visit to “The Big Bungee” at Cheongpung Land near Jeichon City in Chungbuk Province a regular opportunity this summer.

Cheongpung, a lakeside, mountain resort, is home for a 190-foot tower used for “big bungee” jumping, the ejector seat and the giant swing. The resort also offers rock climbing, a sculpture garden and a snack bar, convenience and souvenir stores.

Bungee jumping, from a platform high up on the tower over a deep pool of water, is the major attraction. The resort also

offers the giant swing and the ejector seat for the stout hearted.

For the giant swing, cables are mounted far out on one of the major tower arms. Four riders are harnessed together at the end of the cables and slowly pulled back and up to just below the level of the tower’s intersecting arms. Then they’re released, with their momentum propelling them through the air.

The ejector seat is different. Two riders are strapped into a bench attached to gargantuan rubber bands that are, in turn, attached to the tower arms. Machines tighten the rubber bands, building more and more strain until ... zzamm: The trigger is

released and riders go flying.

Area III BOSS extends an invitation to any Soldier who wants to release a little adrenalin, to join them for one of their trips to Cheongpung Land, planned for a Saturday in September. Buses leave Camp Humphreys early and space is on a first-come, first-served basis and must be reserved ahead of time. Cost is \$55 per person and includes a bungee jump and a ride on the giant swing or the ejection seat, round trip transportation and lunch.

Look in future editions of “The Morning Calm Weekly” for a list of specific dates.



Soldiers ride the giant swing for a thrill (above) during a recent Better Opportunities for Single Soldiers trip to Cheongpung Land.



Jumpers rev their heart rates with a bungee jump from a tower 190-feet above a pool of water (sequence above) before being recovered by a Cheongpung Land worker. The bungee jump and other rides challenge stout-hearted visitors to the resort, located near Jeichon City in Chungbuk Province.

PHOTOS BY ROGER EDWARDS



Riders prepare for a “high G” launch in the ejector seat. The ride is one of many at “The Big Bungee” facility catering to thrill seekers



Even from a distance, the 190-foot tower identifies Cheongpung, a lakeside mountain resort, as home to “The Big Bungee.”





### Casey Enclave Sports Calendar

The Casey Garrison Morale, Welfare and Recreation will host the following sporting events at the USAG Casey Enclave:

Company-level preseason flag football league games will be held at Iron City Field, at 6 p.m. each night, Tuesday through Aug. 5;

A 30 K bike race will begin at Hanson Field House at 8 a.m. Aug. 6;

Company-level soccer will be played at the Schoonover Bowl, beginning at 6 p.m. Aug. 15.

For information on any of these activities, contact the nearest installation fitness center, or call 730-2322.

### Breakfast on the Links

The Camp Casey Golf Course restaurant invites hackers to join them for breakfast beginning Aug. 6. The restaurant will serve breakfast from 6-9 a.m. daily and invites everyone to come by before or after hitting the links.

### Tour Program Heats Up in August

The Camp Red Cloud Community Activity Center is offering a number of tours in the month of August. An Aug. 6 Incheon Boat Cruise tour, Aug. 13 Walker Hill Hotel Dinner Show tour and a bungee jumping tour Aug. 20 are highlights of the month's activities.

Interested individuals may register at the nearest installation CAC. Buses for the Incheon boat and bungee jumping tours will depart the CAC at 8 a.m. the day of each event. The dinner show tour bus will depart the CAC at 3 p.m. the day of the show. For information, call 732-6246.

### Bowling Center Specials

The Camp Casey Bowling Center offers many special events during the month of July, including:

Purchase a Mean Gean's Burger combo meal or 14" pizza and get one free game as part of the free bowling program, 11 a.m. to 2 p.m., Monday thru Friday;

A 9-Pin No Tap Tournament is held at 2 p.m. each Saturday, July 16-30;

The Camp Hovey Bowling Center offers Dollar Bowling Sunday thru Thursday. For information, call 730-5168.

### Submitting to TMCW

To have an event or activity highlighted in The Morning Calm Weekly, send event information and a point of contact name and telephone number, to MorningCalmWeekly@korea.army.mil. All submissions are subject to editing to ensure they meet publication standards and Associated Press guidelines.

# Strong Army run ended by blown tire

By Maj. William Thurmond

Army News Service

**LONG POND, Pa.** – For the second time this season, a top-five capable car fell victim to tire problems, dashing hopes and bringing frustration to the Army NASCAR team.

Despite running up front and even leading for eight laps during Sunday's Pennsylvania 500, events conspired to once again deny success to an Army crew that is better than its race results would indicate.

The race winner, current Nextel Cup defending champion Kurt Busch, started the race on the front row, surged into the lead on the first lap and he never looked back.

For most of the afternoon, the other 42 cars merely tried to keep Busch's Ford from becoming a distant speck on the horizon. He led for 131 of the race's 200 laps.

Veterans Rusty Wallace and Mark Martin took the second and third spots. For Wallace, who is in the midst of his 'final call' farewell tour, it was his swansong as an active Nextel Cup competitor on the 2.5 mile Pocono triangle.

Much of the afternoon it appeared that Joe Nemechek's Army Chevrolet would finish well. For over half of the race it was never out of the top 10. And for much of the day Nemechek was battling with others for spots in the top five.

Cagey pit strategy by Army crew chief Ryan Pemberton kept Nemechek on the track when the rest of the field pitted for two cautions, earning the team crucial track position.

With his pit window calculated to within a lap or two

of running the fuel cell dry, Nemechek was poised to conduct a green flag stop on lap 163.

Unfortunately, his left front tire only made it to lap 162.5. "Timing is everything," said crew chief Ryan Pemberton.

**"One of these days things are going to go our way and we'll end up here fighting for the win at the end."**

Joe Nemechek, driver, Army NASCAR Team

"Had Joe made it onto pit road before the caution light came on, we would have been in first place when the pit stops cycled out. We were only a few feet

shy of making it."

After multiple stops to repair the damage caused by the shredded tire, Nemechek restarted in 25th place, determined to get his Army Chevy back to the front.

But it was not to be. Hit from behind late in the race, he spun out onto the backstretch grass and suffered more damage.

"We suffered some major damage in that incident," said Nemechek. "I came down pit road three times for repairs. We just hung on at the end to get the best result we could."

Nemechek finished the race in the 22nd position.

"One of these days things are going to go our way and we'll be up there fighting for the win at the end," Nemechek continued. "I had a great car today as I have had all year. I'm frustrated right now, but not discouraged. This is a good team and we just have to keep plugging away."

"Kurt had the best car today - no doubt about that," said Nemechek. "Our Army Chevy was equally as good or better than any other car."

After a week off, the Army team will do battle Aug. 7 at the famed Brickyard in Indianapolis.

## Snow day



CHONG SO-KYONG

While the majority of the Republic of Korea baked in the hottest weather of the year Saturday, residents of Camp Humphreys, including one blonde 'snow angel,' enjoyed snow flurries as part of the annual Christmas in July celebration at Tommy D's. A complete Christmas buffet was served and Santa Claus visited from 11 a.m. to 1 p.m., taking Christmas orders from the children of the community, handing out early Christmas gifts and passing for pictures.

## MWR survey seeks feedback

By Michelle Heard

Morale, Welfare and Recreation

As patrons walk into certain Morale, Welfare and Recreation facilities on post within the next few weeks they may run into one of the MWR marketing department's summer hires.

Now that the Leisure Needs Surveys are finished, MWR marketing has moved onto Customer Satisfaction Surveys which are recorded on machines called Opinion Meters. These surveys consist of 11 statements in which customers must choose one of five options as a response, ranging from "Strongly Agree" to "Strongly Disagree."

Customers will be matching these options to statements describing MWR services and facilities, including:

- Customer service met my expectations.
  - Facility staff is courteous and helpful.
  - Facility staff is knowledgeable about services and equipment.
  - Facility met my expectations.
  - Facility hours of operation are responsive to my schedule.
  - Facility is attractive, clean, and well-maintained.
  - Facility includes the full range of services that I require.
  - In comparison to other similar facilities off-post, the quality of MWR products/ equipment was superior.
  - Facility provides services that are very important to me.
  - I would recommend MWR facilities and programs to my friends and co-workers.
  - Overall, I am satisfied with the MWR program.
- The Customer Satisfaction Survey takes on average less than a minute to complete and will assist MWR in trying to improve all Area I military installations.



## 35th ADA welcomes new brigade commander

By Roger Edwards

Area III Public Affairs

**OSAN AIR BASE** – The 35th Air Defense Artillery Brigade welcomed a new commander July 15 when Col. John Rossi assumed command from Col. Ken Cox in a change of command ceremony at Osan Air Base.

“I truly consider the opportunity to lead these Soldiers, America’s finest men and women, a privilege,” said Rossi. “Thank you Col. Cox, for the smooth transition and for all you’ve done for the brigade. You have firmly planted the brigade colors here in Korea since moving here from Texas, and I look forward to building on your foundation.”

A native of the Bronx, New York, Col. Rossi was commissioned in 1983 as an air defense artillery officer upon his graduation from West Point. He has since served at Regensburg, Hohenfels, Kaiserslautern, Darmstadt and Würzburg, Germany; Fort Hood, Texas; with the 43rd ADA in operations Desert Shield and Desert Storm in Riyadh, Saudi Arabia; and at Fort Bliss, Texas. His duties have taken him to Central Command, MacDill Air Force Base, Fla.; and to Task Force Lion in Kuwait and Saudi Arabia.

In civilian education Rossi has earned a B.S. from West Point, an M.S. in Management from Webster University, and an M.A. in National Strategic Studies from the United States Naval War College. He has also attended the Air Defense Artillery Basic and Advanced courses and the U.S. Army Command and General Staff

College.

The 35th ADA moved to Korea and became part of the 8th U.S. Army in December 2004. They moved to Osan Air Base from Fort Bliss, after completing more than 90 internal and almost 200 external personnel moves, and a dozen equipment transfers. In addition the unit completed six field training exercises that culminated in a mission rehearsal exercise before the relocation.

Meanwhile, the 43rd ADA Battalion completed a command inspection program and provided a liaison element between the 35th and organizations on the peninsula.

The 35th deployed during October and November, and established brigade operations at Osan and battalion operations at Gwangju Air Base.

The 35th Bde. assumed operational control of the 43rd ADA from 6th Cavalry Brigade Dec. 15, bringing all U.S. Patriot units in Korea under a single brigade command.

The 35th ADA has set the model and the standard for the future of air defense artillery in Korea and, with this first change of command, the unit continues to propel mission readiness, working toward transformation into the first forward deployed air and missile defense battalion in Korea by incorporating an Avenger missile battery later this year.

During the ceremony, Lt. Gen. Charles Campbell, commander, 8th U.S. Army, said, “We are here to recognize exceptional Army warriors. We say farewell to a great

brigade commander, Col. Ken Cox; and we welcome Col. John Rossi.

“Under Col. Cox’s very capable leadership, this brigade has flourished. Its leaders and Soldiers have met every challenge and answered every call with distinction and a high level of excellence.

“You are the best there is ... there is simply no better air defense brigade in the Army,” he said.

According to the general, Cox’s leadership was focused on the right things: accomplishing the mission, building teams, creating trust between leaders and led. “He allowed his

commanders to command and his noncommissioned officers to train,” Campbell said.

“Although it is always difficult to see great commanders go, the Army has a knack for finding the right person to replace them,” Campbell continued. “Col. Rossi comes to us with broad-based experience in air defense operations and with a well-earned reputation as an accomplished and energetic leader. His credentials are impressive and we are fortunate to have him leading the 35th ADA Brigade.”



MSGT KENNETH MATTINGLY

*New 35th Air Defense Artillery Brigade Commander Col. John Rossi receives the command colors from Lt. Gen. Charles Campbell, commander, 8th United States Army commander, during the change of command ceremony July 15.*

## Fletcher, Ko win KORO Fire and Emergency Services Awards

By Roger Edwards

Area III Public Affairs

**CAMP HUMPHREYS** – Two members of Area III’s Fire and Emergency Services were presented with awards during a July 20 ceremony at the Camp Humphreys Fire Station.

Deputy Fire Chief Christopher Fletcher, Camps Eagle and Long, has been named KORO Civilian Fire Officer of the Year for 2004. He was also runner up in Army competition.

Camp Humphreys Fire and Emergency Services Crew Chief Ko Pyong-son has been awarded the title

Civilian Fire Fighter of the Year for 2004.

Presenting the awards was Brig. Gen. H.T. Landwermeyer, Jr., Director, Korea Region Office, Installation Management Agency.

“Being presented this award is a great honor,” said Fletcher. “It’s good to know that your supervisor thinks highly enough of you to nominate you for something like this. It’s even better when you win.”

Fletcher is a 56 year old native of Manchester, England who migrated to the States in 1973 and enlisted in the Air Force in 1974. “They made me a fire fighter,” he said.

He went to work in the civil service in 1999, assigned to Camps Long and Eagle as the Area III Deputy Fire Chief.

“I like it here,” he said, “and I like to think I’ve had a hand in bringing Fire and Emergency Services at my Camps to a high state of readiness.”

Ko has impacted readiness at Camp Humphreys. He has been instrumental

in the success of two fire and emergency services college level courses, translating course materials that were instrumental in course completion by local national firefighters and their Department of Defense certification. He is an integral part of HAZMAT technician level first responder training for 25 department firefighters and has organized and coordinated American Red Cross first responder and professional responder CPR training for 100 percent of the department’s workforce.

He is highly involved with mutual aid training in the local community and has conducted in-depth Chemical, Biological, Radiological, Nuclear and High Explosives training for the department.

Ko’s fire department tours for community school and volunteer agencies have helped create excellent relations with the communities, enhancing the fire and emergency services and U.S. Army image.



ROGER EDWARDS

*Fire and Emergency Services Crew Chief Ko Pyong-son (center) and Deputy Fire Chief Christopher Fletcher (right) are joined by Lt. Gen. H.T. Landwermeyer Jr., IMA-Korea Region Office director, during a July 20 ceremony.*



## NEWS & NOTES

### Area III College Registration

Central Texas College and the University of Maryland begin Term 1 registration Monday at all Area III education and learning centers. For information call your education and learning center. Call 753-8901 at Camp Humphreys, and Suwon Air Base or 721-3425 at camps Eagle and Long.

### EEO/POSH Training

The Equal Employment Opportunity/Prevention of Sexual Harassment training originally scheduled for July 28 has been changed to Aug. 18. Training is held at the Education Center. This is the last training for FY05. For information, call 738-4472.

### Ten Miler Qualifier

Eighth U.S. Army has scheduled a Ten Mile Qualifier Run for Saturday at Camp Casey. This run will determine the selection of runners to compete in Washington in October and to attend the AUSA Convention there. Area III will provide bus transportation to the event Friday, and a van on the morning of the event for those unable to make the bus. Runners staying overnight will be provided with a place to stay, but must provide their own sleeping bags or linen. Runners wishing transportation to Camp Casey must sign up at the Camp Humphreys Gym. For information, call 753-8807 or 753-8810.

### Commissary Spending Available Online

All USFK Members Registered in the Defense Biometric Identification System can now view their current commissary spending online. Simply visit: <https://pimsk.korea.army.mil> and enter your social security number, last name and date of birth to look up your commissary purchase totals and dates. Some DBIDS registration information is also shown to assist USFK members keep their DBIDS registration information current. If any corrections need to be made, visit any DBIDS Registration Center for correction.

### Safe On My Own

The American Red Cross offers "Safe On My Own" Aug. 20, for children 10 and 11 years old. The course will be held from 10 a.m. to noon in Building 262. Cost is \$10 per student. Pre-pay is required. For information, call 753-7172.

# Local slugger gets Army Team tryout

By Roger Edwards

Area III Public Affairs

**CAMP HUMPHREYS --** Spc. Shannon Eichenseer plays softball.

The Army recognizes her talent and has invited her to tryout for the Army Softball Team at softball camp in Fort Indiantown Gap, Pa.

Tryouts are being held over the next few weeks and, if Eichenseer makes the team, she will be representing the Army in tournaments across the United States through the end of September.

"I got picked to try out because I enjoy playing softball and I applied," said Eichenseer. "I've been playing formal softball since the 7th grade and have played in informal pick-up games since I was about five years old.

"Applying for the Army team tryouts was just too good to pass up. It's a great opportunity to get back to the states, play a little ball and have some fun."

A 21-year-old Cattaraugus, N.Y. native, Eichenseer is an intelligence analyst at Camp Eagle. "I graduated from Cattaraugus/Little Valley High School in 2002," she said, "and took a year of college at St. Bonaventure before joining the Army in 2003."

Even though she had a full Reserve Officer Training Corps scholarship to continue in school she said that, "I just wasn't ready for any more school at the time.

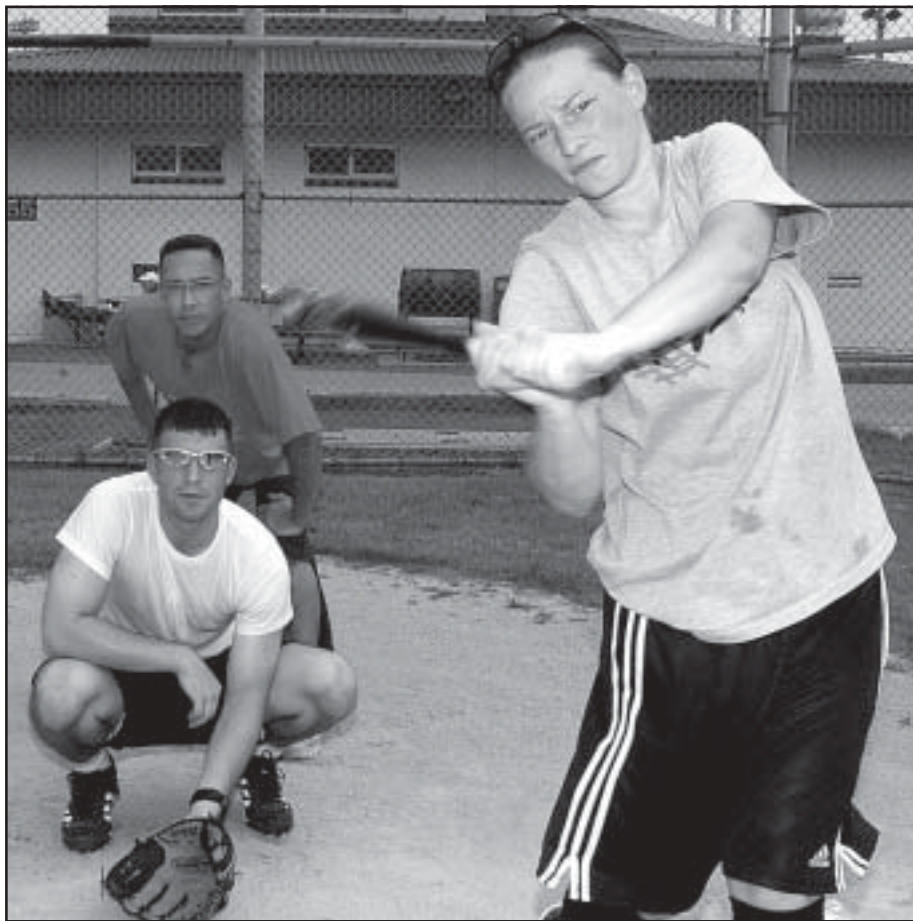
"I joined the Army to get out and see some of the world and do a few things."

Since entering the Army, Eichenseer has gotten back to school and is taking after duty courses working toward a degree in criminal justice.

Eichenseer expects to be too busy over the next few weeks and months to consider taking time for leave. "But I hope Mom will be able to visit

while I'm in Pennsylvania," she said.

"People need to get involved in things while they're here in Korea," she continued. "You never know what's going to happen when you start doing things. If you don't, you could be missing a great opportunity."



ROGER EDWARDS

Teammates and coworkers Robert Finn (front) and Denzel Swearengin keep an eye on Shannon Eichenseer's swing at batting practice before a game at Camp Humphreys Soldier's Park July 23. Eichenseer is attending Army Softball Camp to tryout for the Army Softball Team.

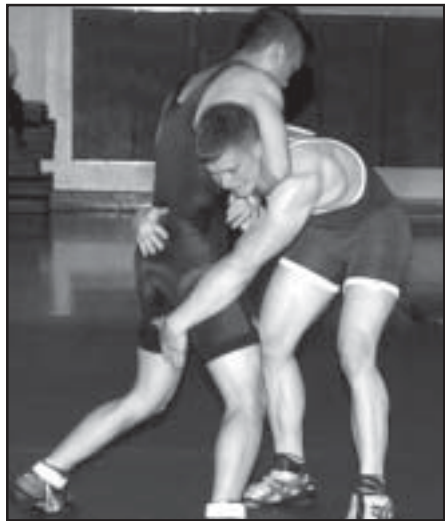
# Humphreys hosts Area III wrestling tourney

By Roger Edwards

Area III Public Affairs

**CAMP HUMPHREYS --** Wrestlers from as far away as Yongsan, Camp Stanley and Camp Eagle converged on Camp Humphreys Saturday, to battle in Area III's Wrestling Tournament.

"We had 23-competitors come out for the tournament," said James Howell,



PHOTOS BY ROGER EDWARDS

Pfc. James Bruner and Pfc. Douglas Xiong strive for the winning hold during the July 23 Area III wrestling tournament.

Area III Sports Director. "We're very happy with the turnout."

First and second place finishers are:

### Women's 130 to 142 lbs.

- 1st – 2nd Lt. Agnes Chu, 23rd Spt. Gp., Cp Humphreys
- 2nd – Spc. Lenora McCoy, 3rd MI, Cp Humphreys

### Men's 129 to 139 lbs.

- 1st – Pfc. James Bruner, 602nd ASB, Cp Humphreys
- 2nd – Pfc. Douglas Xiong, 532nd MI, Cp Humphreys

### Men's 140 to 152 lbs.

- 1st – Pvt. Jerett Lacure, 2nd Avn., Cp Eagle
- 2nd – Pfc. Douglas Riggi, 532nd MI, Cp Humphreys

### Men's 153 to 167 lbs.

- 1st – Pfc. Brian Gray, 1st Sig. Bde., Yongsan
- 2nd – Spc. Arthur Soltero, 52nd Avn., Cp Humphreys

### Men's 168 to 187 lbs.

- 1st – Spc. James DeGroat, 52nd Avn.,

### Cp Humphreys

- 2nd – Pfc. Don Lipscomb, 176th Fin., Cp Humphreys

### Men's 188 to 213 lbs.

- 1st – Pvt. Antinan Tarpley, 249th MP Det., Cp Humphreys
- 2nd – Spc. William Leatherbery, 46th Trans. Co., Cp Stanley

### Men's 214 to 275 lbs.

- 1st – Pvt. Shawn Muhr, 46th Trans. Co., Cp Stanley
- 2nd – None



2nd Lt. Agnes Chu battles Spc. Lenora McCoy during the July 23 Area III wrestling tournament at Camp Humphreys.



# Lee assumes Area III KATUSA command

By Roger Edwards

Area III Public Affairs

**CAMP HUMPHREYS** – Maj. Lee Jeong-hwan assumed command of Area III Korean Augmentation to the United States Army Soldiers, and the position of Senior Republic of Korea Staff Officer in Area III, in a July 20 ceremony at the Camp Humphreys Gymnasium.

Lee assumed his new duties from the outgoing Area III KATUSA Commander, Maj. Hwang In-ju. He comes to Camp Humphreys from his most recent assignment with the 11th Civil Operation Brigade, Republic of Korea Army Unit in Iraq.

The 38-year-old Lee was commissioned in Artillery March 1,

1989. Since then he has served with the 899th Artillery Battalion, 2nd Artillery Brigade; 36th Infantry Division; 1st Artillery Brigade; and the 9th Infantry Division. He was promoted to major Oct. 1, 2000, and selected to attend the Republic of Korea Army College where he became an instructor for two years after following his own course of study.

In remarks during the ceremony Lee thanked Hwang for “his tremendous work of the past 10 months as Area III senior ROKA staff officer.

“I am proud,” he continued, “to be assigned as the new commander of such great Soldiers.”

Pledging to do his best to continue Hwang’s successful accomplishments,

Lee promised to concentrate on foundations and mission-first attitudes while maintaining the “great KATUSA tradition within Area III.” The major emphasized that he expects his Soldiers to exhibit service with mutual respect and consideration.

“We are the centerpiece of the Republic of Korea and United States Alliance,” he said. “Do your military duty with pride and confidence. Strive to successfully complete your mission.

“Place emphasis on a strong foundation and basic skills.”

Lee asked his Soldiers to set the standard when representing the Republic of Korea Army and to be proud and strong.



F. NEIL NEELEY

Maj. Lee Jeong-hwan



## ACS celebrates 40 years of service

Roger Edwards

Area III Public Affairs

**CAMP HUMPHREYS** – Area III Army Community Service celebrated 40 years of service July 22 with birthday cake, a party and cookout and by rolling out their new organizational logo.

“We wanted everyone to come out and enjoy themselves with us,” said LaVita Vincent, ACS employment manager and one of the senior staff members. “We decided that it was worth cooking a few hot dogs to let everyone know we’re here, we’re part of the community, and we want to serve you.”

Vincent said almost 250 people attended the party.

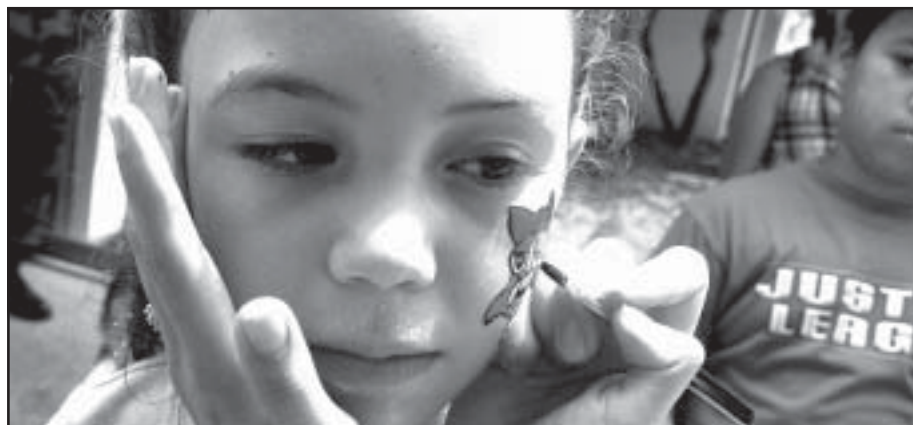
In addition to the hot dogs, ACS staff and volunteers set up canopies for shade, iced beverages, prepared games and activities, and gave away door prizes for the party. “We had a dance contest for the kids and for the adults, and we even ordered a Piñata from the states for the celebration,” said Vincent. “We loaded it up with candy the day before the party, hung it up and let the kids have a swing.

“The important thing to remember is that we’re here to serve the community,” she continued. “We have people here doing everything from teaching Korean cookery to giving classes on how to best prepare your resume.

“We invite everyone to come over and check us out. You might find that what we offer is what you need to solve your problems.”



It isn't a summertime party without a cookout. ACS staff prepared hot dogs for the crowd.



Angela Portis gets her face painted during the ACS birthday party.



Cutting the birthday cake are (left to right) LaVita Vincent, ACS; Pfc. Christopher Mastromarino, BOSS; an unidentified parter; Lt. Col. Jerry Phifer, 527th Military Intelligence Battalion commander; and Brenda Kittrell, ACS.



Bill Spearman leads the Area III Army Community Service staff in a song composed especially for the 40th birthday celebration.



Staff Sgt. William Benford from the 43rd ADA at Suwon, contributed his juggling skills to the celebration.



Lt. Col. Jerry Phifer, 527th Military Intelligence Battalion commander speaks at the party.

*Ad goes here*



## Council offers opportunity to make a difference

*Community members gather to air beefs, make suggestions*

By Pvt. Park Kwang-mo

Area IV Public Affairs

**CAMP WALKER** – Army and Air Force Exchange Service and Defense Commissary Agency officials constantly strive to keep their customers happy. To ensure the community has the opportunity to provide input regarding AAFES and commissary operations, the organizations held their second quarterly AAFES/DeCA Advisory Council meeting July 21 at Soldiers Memorial Chapel on Camp Walker.

The meetings are held as an open forum for community members and unit representatives. Customers have the opportunity to meet face-to-face with AAFES and DeCA officials to resolve issues and to share ideas in an effort to improve services.

Buddie Kolath, Daegu Commissary retail manager and Chester Hires, exchange business manager, AAFES Southern Exchange, kicked things off by highlighting upcoming activities and events at the Commissary, Post Exchange and other AAFES facilities. Community members then got their turn as the floor was opened for comments, complaints and suggestions.

Staff Sgt. Linda Hall, 665th Movement Control Team, brought up a concern about spoiled chicken breasts at the Commissary. Koltath pointed out that food inspectors check all incoming meat and poultry products but conceded there is always room for improvement.

"I'm happy with the response," Hall said. "He (Kolath) told me who to go to in the future and the



GALEN PUTNAM

*Spc. Stephanie Jo Cassidy, 188th Military Police Company, displays a replica 15th Anniversary Edition Harley Davidson Fat Boy motorcycle following a presentation July 15 at Camp Walker by Sal Salvucci, Army and Air Force Exchange Service New Car Sales senior sales agent. Cassidy is the winner of a real, \$25,000, 700-pound, 1,550 cc Fat Boy that is being shipped to Fort Sill, Okla., her next duty station.*

importance of bringing problems to their attention so they can solve the problems. I was glad to be able to have some input and I was glad to learn they are taking preventive measures."

Hall also questioned why there is a price difference from PX to PX on a particular brand of digital camera memory cards. Hires pointed out there shouldn't be a

price difference unless a local manager is running a clearance. Hires also stressed that price differences with off-post establishments would be matched through the "We'll Match It" program and that price differences of \$10 or less can be verbally challenged on the spot. In addition Hires said AAFES will honor

See **Council**, Page 28

## AFSB-FE welcomes Gibson at change of command

By Daniel Garcia

Area IV Public Affairs

**CAMP HENRY** – The Army Field Support Brigade – Far East welcomed a new leader, as Col. William C. Gibson assumed command from Col. James Gray during a change of command ceremony Wednesday at the 19th Theater Support Command headquarters on Camp Henry.

Gibson comes to AFSB-FE from the U.S. Army War College, Carlisle Barracks, Pa., where he was a student. This is his first tour in Korea.

Gray will become the chief of the 3rd U.S. Army Transportation Division at Ft. McPherson, Ga.

Gibson enlisted in the Army after graduating from high school in 1975. He was commissioned into the Transportation Corps through Officer Candidate School in 1982.

Gibson served in a variety of command and staff positions, including commander, Headquarters and Headquarters Detachment, 181st Transportation Battalion, Mannheim, Germany; movement control officer,

Multinational Force and Observers, Sinai, Egypt; Army doctrine developer, U.S. Army Transportation School, Ft. Eustis, Va.; operations officer, 1318th

Medium Port Command, Rotterdam, Netherlands; deputy commander of the 597th U.S. Army Transportation Terminal Group in Southport, N. C.; and commander of the 840th U.S. Army Transportation Battalion in Izmir, Turkey.

He also served in positions at the joint level including two tours with the U.S. Transportation Command at Scott Air Force Base, Ill., as a joint strategic plans officer in the Plans and Policy Directorate.

Gibson holds a bachelor's degree in human resources administration from St. Leo University in Saint Leo, Fla., and a master's degree in strategic studies from



Col. William C. Gibson

the U.S. Army War College.

He is a graduate of the Transportation Officer Basic and Advanced Courses; the U.S. Army Command and General Staff College; the Armed Forces Staff College; and the U.S. Army War College.

Gibson's awards and decorations include the Defense Meritorious Service Medal (with one oak leaf cluster), the Meritorious Service Medal (with a silver oak leaf cluster), the Army Commendation Medal (with four oak leaf clusters), and the Army Achievement Medal.

The AFSB-FE was established in April 1986 as the Logistics Assistance Office – Far East. The command was officially organized as Army Material Command – Far East in July 1987 with the mission of providing oversight of AMC activities in the Pacific Theater and serving as the Army Material Command focal point for logistics and readiness issues in support of United States Army Pacific Command, United States Army Japan and Eighth U.S. Army.

The AMC – FE was redesignated as AFSB – FE May 2005.

## Camp Henry streets, parking spaces to be closed for resurfacing

Area IV Public Affairs

**CAMP HENRY** – The Daegu Directorate of Public Works advises motorists that it will be closing portions of several streets on the installation for resurfacing today through Thursday. Motorists are asked not to park in the following areas to avoid delaying the resurfacing work:

- Streets surrounding the 19th Theater Support Command Headquarters from C Avenue at the Gate 2 entrance to the Auto Craft Shop to Fourth Street in front of the fire department and D Avenue directly behind the headquarters, to the street in front of the Community Bank back to C Avenue;
- Fourth Street in the middle of the installation from the east to west perimeter walls;
- B Avenue in front of the Area IV Support Activity Headquarters from the AAFES Food Court to barrack Bldg. 1110; and the
- Northeast perimeter road of the installation between barrack Bldg. 1110 and the Fit to Win Center on Seventh Street.

Alternate parking for the duration of the construction is in the Fit to Win Center parking lot.



## NEWS & NOTES

### National Kids Day Set for Aug. 6

A National Kids Day celebration will be held 10 a.m. – 2 p.m. Aug. 6 at the Camp Walker Middle School and Teen Center, Bldg. #252. Activities include refreshments, music, a three-legged race, jump rope contest and “Fear Factor” events.

A National Kids Day Hawaiian Luau will be held noon – 4 p.m. Aug. 6 at the Camp Hialeah Pool. The event includes activities and contests such as pool games, beach ball volleyball, water basketball, hula dancing, limbo, karaoke, ground surfing and a Hawaiian attire contest. The luau is open to all Child and Youth Services members, but non-registered CYS members can register at CYS prior to the event 8 a.m. – 5 p.m. Monday- Friday.

For information contact Dean W. Moore, 763-3536, at Camp Hialeah, and Carmen Ortiz, 764-5467, at Camp Walker.

### Tobacco Cessation Class

Area IV Health Promotions will sponsor a tobacco cessation class 1:30 – 2:30 p.m. Tuesday at Camp Carroll ACS. For information, call P.J. Brockmann at 764-5213.

### Teen Summer Basketball Camp

A Summer Basketball Camp for 13- to 18-year-olds will be held Monday – Aug. 5 at Kelly Fitness Center on Camp Walker. All day campers must have parental approval. Sign up is 9 a.m. – 1 p.m. Saturday at the Camp Walker Main Exchange. Registration fee is \$15 which includes a camp T-shirt. For information, call Pierre Balentine at 765-8350.

### Company-Level Soccer Begins Thursday

The 2005 Daegu Enclave Company-Level Intramural Soccer League is scheduled to run Thursday – Sept. 15 at Camp Walker’s Kelly Field. Sign up at Kelly Fitness Center no later than Tuesday. An organizational meeting will be held 6 p.m. Wednesday at Kelly Fitness Center. For information, call Kim Chong-hwan or Darryl Chandler at 764-4425 or 764-4800.

### Military Idol Seeks Contestants

Army Morale, Welfare and Recreation is sponsoring “Military Idol” a singing competition, with installation-level winners receiving \$500 and a trip to the United States to compete in the Army-wide competition. Sign up at the Hilltop Club on Camp Walker, Henry’s Place on Camp Henry, the Busan Pub on Camp Hialeah, or Camp Carroll’s Hideaway Club. Contestants can also sign up at the Camp Walker, Carroll and Hialeah Community Activity Centers. Registration deadline is Aug. 25. For information, call Luis R. Rios at 764-4440.

## 607th Support Squadron preps for action

### Quarterly exercise keeps members ready to respond

By Galen Putnam

Area IV Public Affairs

**K-2 AIR BASE** – The airmen of the 607th Support Squadron at Daegu’s K2 Air Base got a surprise when eight F-16 fighter jets were diverted to their location during last week’s Peninsula-wide Combat Employment Readiness Exercise. The big surprise, however, was the diversion wasn’t part of the exercise – the jets were sent to K2 because of bad weather at Kunsan Air Base.

The scenario shows how important it is to expect the unexpected and to “train as we fight” in order to be prepared for any contingency on the battlefield – or in the air.

The Air Force holds quarterly week-long Peninsula-wide Combat Employment Readiness Exercises designed to hone the skills of its airmen throughout the peninsula. Each base participates although the scenarios differ in accordance with the installation’s mission. The drills typically run from a Sunday evening through the following Friday.

According to Maj. Ryan Elliott, operations officer for the 607th, the unit has adopted a formula to ensure all major areas of training are covered during each exercise. Monday, leaders lay out the scenario for the week so planners can determine what their responsibilities will be throughout the week. Of particular importance is determining the logistical needs for any incoming troops. Tuesday is “spin-up” day where billets and facilities are prepared for the influx of real or simulated participants. The focus on Wednesday is reception, where the Squadron goes through the steps of receiving troops and providing a reception brief. Friday is a day to develop the exercise after action review, review past AARs and to critique the just completed exercise.

Thursday, the focus is on contingency training. Last week’s training concentrated on transitioning from a contaminated environment to a toxic free area using the off-the-shelf Contaminant Air Processing System.

The 607th invited several members from the Republic of Korea Air Force’s 11th Fighter Wing Nuclear Biological and Chemical Support Company to join them. The Security Forces Flight also provided installation defense training to the installation’s non-SF members.

“Each time we do an exercise we change it up a little but we always do something NBC related and something with the security forces,” Elliott said.

The Korean guests enjoyed the



PHOTOS BY GALEN PUTNAM

Staff Sgt. Eric Bosley (right) demonstrates search techniques on Staff Sgt. Cameron Kemp during a quarterly training exercise at K-2 Air Base July 21.



While processing out of a simulated chemical environment, Republic of Korea Air Force Master Sgt. Jung Chang-young (left) demonstrates proper removal of the U.S. Air Force chemical protective overgarment jacket worn by Maj. Ryan Elliott.

opportunity to train with their counterparts.

“It was a good experience. There are little differences in how we do things so this gives a better understanding of the USAF system,” said ROKAF Master Sgt. Jung Chang-young. “We don’t get this experience very often and would like to do it more in the future.”

Security is an important issue at a small facility with a limited number of security personnel, so all unit members learn security and installation defense measures.

“The training is designed to take the

entire base and give everybody as much (security) training as we can give them in a short amount of time to be a sentry standing next to the security forces,” said Security Forces Superintendent Senior Master Sgt. Andrew Ridenhower. “It is designed to help them help us. They will have a working knowledge of how they will fit into the puzzle if they are called upon to stand next to us and fight the fight.

“Security is job one,” Ridenhower concluded. “You can’t send messages out, you can’t launch aircraft if there are bad guys inside the wire.



# Koreans recognize American Soldiers

Pins distributed to honor sacrifice of Korean War vets, current American Soldiers

By Pvt. Park Kwang-mo  
Area IV Public Affairs

**CAMP HENRY** – The Korean Ministry of Patriots and Veterans Affairs recently recognized the contributions made by American Soldiers in the defense of South Korea by passing out brooches to Soldiers in commemoration of the 55th anniversary of the outbreak of the Korean War.

The Ministry of Patriots and Veterans Affairs manufactured the “Tree of Patriotism” brooches that pay tribute to those who have contributed to the defense of the Republic of Korea. The broaches were distributed to a variety of veterans organizations as well as active-duty Soldiers.

The emblem is tree-shaped and designed with the Yin-Yang symbol representing the Korean national flag. Seeds and fruit symbolize the future and hope.

Forty brooches were distributed in Area IV – 25 at Camp Henry and 15 at Camp Hialeah.

About 200 brooches were passed out on U.S. Army bases throughout the peninsula.

“I think it is a great idea. I didn’t even know about it until they pinned it on me in the hallway, but it is a great thing they are doing,” said Col. Michael McKinley, 19th Theater Support Command deputy commanding officer.

Lee Kyung-shil, manager of the Camp Henry

Foreign Goods Transaction Office, and Jae So-young, manager of the Camp Hialeah Foreign Goods Transaction Office, handed out the brooches to Soldiers at their respective installations.

“We should not forget about the brave heroes who have died for our country. Also we have to appreciate how U.S. Soldiers have dedicatedly fought for our country and democracy,” Lee said.

Jae emphasized the importance of recognizing those who have served.

“People tend to forget the past easily,” she said. “Especially the young generations who didn’t experience the Korean War don’t understand the importance of our history. In this sense we need a persistent effort to commemorate the Korean War and the invaluable role of the U.S. military.”

The Korean War began with a surprise attack June 25, 1950, when eight divisions and an armored brigade (90,000 soldiers) of the North Korean People’s Army attacked in three columns across the 38th parallel and invaded the Republic of Korea.

The U.N. Security Council denounced North Korea’s actions and called for a cessation of hostilities and withdrawal of the North Korean People’s Army to the 38th Parallel. President Harry S. Truman directed General of the Army Douglas MacArthur, whose Far East Command was located in Tokyo, to use all available forces to restore peace in the Republic of Korea.

After 37 months of combat, American losses included 33,686 killed and 103,284 wounded. The bulk of those casualties occurred during the first year of fighting.

## NEWS & NOTES

### Summer Camps

Middle school camps are available to 6th- to 8th-grade students this summer. Camps are one week long and each costs \$25 including morning snacks and field trip fees. Camps include: Basketball Camp, Aug. 15-19; Golf Camp, Aug. 22- 26. For information, call Victor Taitano at 764-5721.

### Carroll Bank Hours

The Camp Carroll Community Bank’s hours are now 9:30 a.m. – 1 p.m. and 2 – 5 p.m. Tuesday-Friday, and 9:30 a.m. - 3:30 p.m. Saturday. For information, call Benson Wilbur at 765-4997.

### Master Sergeant Promotion Board

A Department of the Army master sergeant selection board is scheduled to convene Oct. 4. Eligible noncommissioned officers must log on to the Enlisted Records and Evaluation Center Website at <http://www.hrc.army.mil> in advance. To make any data corrections, visit Charlie Detachment, 516th Personnel Support Battalion, Camp Henry, Bldg. #1685 or Camp Carroll, Bldg. T-125. For information, call Chief Warrant Officer NaAngela O’Neal at 768-6957.

### Fall Bazaar

The annual Taegu Spouses Association Fall Bazaar will be Oct. 1–2 at Kelly Fitness Center on Camp Walker. Several new vendors will be participating this year. For information, call Christie Holmes at 210-6129 or Sherry Page at 210-6005.

Ad goes here



## Council

from Page 25

sales flyers from other establishments as well, as long as it meets the requirements of the “We’ll Match It” policy.

Sgt. 1st Class Darryl Cannon, Camp Henry Dining Facility manager, asked whether he can use coupons from back home. Both the commissary and PX honor stateside coupons. The commissary goes a step further by honoring coupons six months past their expiration dates.

“I saw this advertised on the command channel and in the ‘Morning Calm’ newspaper so I decided to check it out to learn about some of the facilities here,” said Cannon who has been on the ground for just two weeks. “We have the same type of program at the DFAC. We have a quarterly Dining Facility Advisory Council to get feedback and improve operations. This is a very useful tool. More community members should participate so their voices can be heard.”

Hires also discussed planned upgrades to AAFES programs and facilities.

The Post Exchange has adopted a new program, “Code Adam.” This national program was created to quickly locate children who are lost or abducted while shopping.

If a child is reported missing, facilities will immediately “lock-down” with nobody allowed to enter or leave while the search is under way. Hires said that while that may be an inconvenience for patrons, the safety of children takes precedence. He also mentioned that AAFES plans to run practice alerts in the near future and asks that customers be patient during the tests.

Hires detailed some of the planned upgrades that are in the works at AAFES facilities, including

renovation of the Book Mark, expansion of the main store and the installation of new pumps at the service station. In addition, two new food services are planned as Subway and Pizza Hut will be replacing Robin Hood and Anthony’s Pizza at Camp Walker. The planned upgrades and renovations are expected to be completed within a year.

During the one-and-a-half-hour council meeting, a variety of other topics and issues came up, including ration cards, ration quotas and the comparative cost of U.S. produce versus locally grown products.

The goal of the advisory council meetings was simple – to make the community a better place.

“Don’t just walk away unhappily,” said Col. Donald J. Hendrix, Area III commander. “Any sort of feedback is better than nothing. In this case, negative is even better not only for the customers but also PX and Commissary.”

“We will continue to have an open forum because it is a great chance to get input from the community members,” Hires said.

AAFES and DeCA officials welcome customers’ comments, complaints, suggestions and compliments. Patrons may contact managers or staff members at any time. Customers can also contact store representatives by phone (Commissary: 764-5311, PX: 768-7355), or via the Internet (Commissary: <http://www.commissaries.com/>, PX: <http://www.aafes.com/>). Customers are always welcome to fill out customer comment cards that can be found in the customer service area of each store.

The next AAFES/DeCA Advisory Council is scheduled for November.

## NEWS & NOTES

### Sure Start Applications Available

The Taegu American School Sure Start program is accepting applications for fall 2005. Children must be four years of age or older by Oct. 31. Applicants must be military command sponsored and have ranks between E-1 and E-4. Class size is limited. Applications are due by Aug. 5. For information, call the school at 768-9501.

### Artists Wanted

Camp Carroll is looking for volunteers to improve the community and brighten up the fitness center and the outdoor pool. For information, call Mark Juliano at 765-8118.

### Camp Carroll Pool Hours

Hours for the Camp Carroll indoor pool are 5:30 a.m. – 8 p.m. Monday, Tuesday, Wednesday and Friday. Outdoor pool hours are 11:30 a.m. – 4:30 p.m. daily. For information, call Mark Juliano 765-8118.

### Korea Theater Support Center

If you are experiencing computer problems at work, the Korea Theater Support Center can solve your technical issues. Dial TECH (8324) from any DSN phone for technical support. For information, call 2nd Lt. Frank Barrell at 764-4433.

### RESUMIX Training

The Employment Readiness Program at the Camp Henry Army Community Service is offering hands-on RESUMIX training. For information or an appointment, call Lettie Villarosa at 768-7951.

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## 알맞은 숙취 해소법

### 상병 서기철

과음을 하면 찾아오는 숙취, 술을 많이 마시면 그만큼 소변이나 땀 등으로 많은 수분을 소비하게 되고 미네랄 같은 각종 전해질이 체외로 방출된다. 또한 간장이 소화하지 못한 알코올 내의 아세트알데히드가 몸에 부작용을 일으킨다. 그래서 갈증, 두통, 무기력한 증상을 호소하게 되는 것이다. 이번호에서는 숙취를 사전에 예방하기 위한 방법과 음주 후의 숙취해소법에 대하여 알아보자.

### \*\*술을 마시기 전에

1. 물을 많이 마신다.  
: 물을 마시면 체액이 증가해 혈중 알코올 농도를 낮춰준다.

2. 식사를 하고 먹는다.  
: 알코올의 대부분이 소장, 십이지장을 통해 흡수되는데 공복의 상태면 내려가는 속도가 빨라져 위벽을 상하게 하고 평소보다 더 빨리 취하게 된다.

3. 숙취예방 음료를 마셔둔다.  
: 고순도 키토산이 함유된 음료의 경우 알코올에 의한 염증 유발 물질의 분비를 효과적으로 억제하는 것으로 알려져있다.

### \*\*술을 마실때

1. 고단백의 안주를 먹는다.  
: 쇠고기, 달걀, 치즈 등 단백질이 풍부하고 쉽게 배부르지 않는 안주를 먹어야 알코올의 흡수를 최대한 줄여준다.

2. 비타민과 무기질을 섭취한다.  
: 채소와 과일을 많이 먹어야 좋다. 다만 짠 안주는 갈증을 일으켜 술을 더 마시게 하므로 피한다.

3. 수다를 떠다.  
: 마시는 술의 10% 정도는 호흡으로 배출되므로 술을 천천히 마시며 이야기를 많이 하는 것이 좋다.

4. 폭탄주와 해장술은 피한다  
: 체내 흡수율은 알코올을 농도가 15%일 때 가장 높아 20%가 넘는 양주보다 폭탄주가 빨리 취한다. 또 해장술은 일시적으로 술을 깨는 듯 싶은 효과는 있지만 간과 뇌에 영향을 나쁜 영향을 미치므로 삼가한다.

### \*\*술을 마신 후에

1. 과일 주스를 마신다  
: 과일의 비타민과 수분이 에너지를 회복시켜주는데 도움이 된다. 커피, 콜라, 우유는 마시지 않는다.

2. 콩나물국과 북어 해장국을 먹는다.

: 술을 마신 후 얼큰하고 뜨거운 국물은 알코올 해독에 아주 좋다.

3. 사우나는 권장되는 방법은 아니다.

: 땀으로 알코올이 몸 밖으로 나가는 걸 돕지만 결국엔 체내의 수분을 고갈시키므로 평소 사우나를 좋아하는 사람에게만 가볍게 할 것을 권한다.

4. 숙취 해소에 좋은 식품들을 많이 섭취한다.

: 간장, 심장, 위장에 특히 좋은 무즙이나 강판에 갈은 무즙에 꿀을 넣어 먹는다. 녹차나 차에 들어있는 카페인과 비타민이 알코올 해독 및 숙취로 인한 불쾌감을 줄여준다.

### \*\*술 종류별 숙취 해소법

▲소주=침침과 산사(산딸기)를 6대4의 비율로 함께 다린 차를 마시면 소주 과음으로 인한 숙취 해소에 도움이 된다. 산사가 없을 때는 배 한쪽을 대신 넣어 다려도 좋다.

▲막걸리=소화기능이 떨어지는 사람이 막걸리를 많이 마시면 신트림이 나고 팔·다리가 저린다. 엿기름 한 주먹과 모과 4분의 1쪽을 차로 다려 아침·점심·저녁으로 2~3일 복용한다.

▲맥주=약간 볶은 말린 생강과 계피, 인삼을 넣어 차로 다려 마시면 속이 편해진다.

▲양주=생인삼 즙에 꿀을 타서 마신다. 여성이나 술이 약한 사람이 과음했을 경우 녹두 한 주먹 분량에 배 반쪽을 넣고 죽을 쑤어 꿀을 타 먹으면 술이 빨리 깎인다.

### \*\*신체 증상별 숙취해소법

▲설사·복통=다시마 한 주먹과 생강을 30분 정도 다려 마신다.

▲속쓰림·부종=볶은 팥 한 주먹과 수삼 2뿌리, 연뿌리 2개를 차로 다려 마신다. 당뇨가 있거나 신장이 나쁜 사람이 부득이하게 술을 마셨을 때 숙취해소제로 좋다.

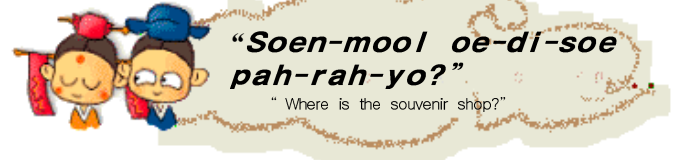
▲두통·피로=피로 회복이 더디고 목이 쉬고 두통과 더불어 몸이 무겁게 느껴질 때는 인진쑥과 미나리를 다려 꿀을 타서 마시면 효과적이다. 간이 나쁜 사람에게 좋다.

This article is about  
"Tips to cure Hangovers."

## Learn Korean Easily



Language Instructor  
Minsook Kwon



Single Consonants											
ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㅌ
g	n	d	r, l	m	b	sh, s	ng	j	ch	k	t
Double Consonants											
ㄲ		ㄸ			ㅃ			ㅆ			ㅊ
gg		dd			bb			ss			jj
Single Vowels											
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ			
ah	yah	oe	yoh	oh	yo	oo	you	ue			ee
Double Vowels											
ㅘ	ㅙ	ㅚ	ㅜ	ㅝ	ㅞ	ㅟ	ㅠ	ㅡ	ㅣ		
eh	yeh	yeh		weh	wah	wuh	wee				ui

### Word of the week

이층

o ; silent, ㅣ ; ee/  
ㅈ ; ch, ㅡ ; ue, o ; ng  
'ee-chung'

upstairs

### The phrase of the week

"Please go upstairs."

이층으로 가세요.

Ee-chueng-ue-ro gah-seh-yo.

stairs

- up

Please go

### Conversation of the week

어떤 선물 살거예요?

Oe-ddoen soen-mool  
sahl-goe-yeh-yo?

What souvenir are you  
going to buy?

한국 토산품이요.

Hahn-gook toh-sahn-  
poom-ee-yo.

Korean traditional thing.

어떤 종류요?

Oh-ddoen johng-nue-yo?

What kind?

탈이요.

Tahl-ee-yo.

Masks.

저기로 가세요.

Joe-gee-roh gah-seh-yo.

Please go there.

네.

Neh.

All right.

인형

een-hyoung

dolls

등

dueng

lamps

Share this column with a Korean co-worker.